



# PENNE ALFREDO WITH FRESH SPINACH AND PARMESAN

FAST. EASY. FRESH.

**1.** Bring a large pot of salted water to a boil. Add the **penne** and cook for 13 minutes, or until al dente. Strain, rinse briefly, then set aside.

**2.** Meanwhile, peel the **shallots** and dice it finely, then peel the **garlic cloves** and mince them. Chop the **spinach** coarsely. Slice the **lemon** into wedges.

**3.** In a pan, heat the **butter** over medium heat, and when melted, add the shallot and garlic. Sweat for 3-4 minutes. Next, add the spinach and sauté 1-2 minutes, or until it starts to cook down slightly.

**4.** Add the **heavy cream**, heat, then add the penne and **parmesan** and toss to coat until the parmesan melts. Season to your liking with **sea salt** and **black pepper**.

**5.** To serve, portion the pasta onto plates and top with a squeeze of fresh lemon juice. Enjoy!



## Ingredients (4 Servings – 926 Calories Per Serving)

Salted Butter	56 g	Penne	500 g
Garlic	4 Cloves	Lemon	1
Shallots	2	Salt and Pepper	To taste
Spinach	280 g		
Parmesan	150 g		
Heavy Cream	237 ml		

**35** Minute  
Cook  
Time!