



TEAM FOUR
FOODSERVICE

4
VALUE[®]



Whole Grain Spaghetti with Asparagus, Peas, Pine Nuts and Parmigiano

Yield: 10 portions

Ingredients:

20 oz. Barilla[®] WHOLE GRAIN SPAGHETTI
2 Tbsp. Extra virgin olive oil
5 Shallots, sliced thin
2 Garlic cloves, minced
1/2 Tsp. Crushed red pepper flakes (optional)
2 lb. Asparagus tips, sliced on the bias
3 cups fresh english peas
2 Tbsp. Butter
3 Tsp. Lemon juice
2 Tsp. Lemon zest
3/4 cup Pine nuts, toasted
1 cup Parmigiano, grated
1 cup Chives, mint & parsley, chopped
Salt & black pepper to taste

Directions:

1. In a skillet over med/high heat add oil, shallots, and crushed red pepper flakes. Cook for 2-3 min.
2. Meanwhile, bring a pot of water to a boil and cook pasta according to package directions. Reserve 2 cups of pasta cooking water.
3. Add garlic, asparagus and peas to the pan and cook an additional 2 min.
4. Add lemon juice.
5. Drain pasta, add to the asparagus mixture with 1 1/2 cups of cooking water, lemon zest, 3/4 cup of cheese, 1/2 of the herbs, and 1/2 of the nuts.
6. Toss well. Use remaining pasta water if needed.
7. Garnish with the remaining herbs, nuts, and cheese.

Recipe and photo courtesy of Barilla