

Lemon, herb & pancetta spaghetti



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Preparation: about 15 mins **Cooking:** about 20 mins **Serves:** 4

Ingredients:

400g dried spaghetti
1/3 cup olive oil
150g thinly sliced pancetta, roughly chopped
3 garlic cloves, crushed
1/2 cup flat-leaf parsley, roughly chopped
2 tsp finely grated lemon rind
2 tbs lemon juice
1/2 cup small black olives
1 cup firmly-packed basil leaves
finely grated parmesan, to serve

Method:

1. Cook spaghetti in a large saucepan of boiling water, following packet directions, until al dente. Drain. Set aside.
2. Heat oil in the saucepan over medium-high heat until hot. Add pancetta and cook, stirring, for 3 minutes or until pancetta is crisp. Add garlic and cook for 1 minute.
3. Return pasta to the saucepan. Add parsley, lemon rind, lemon juice and olives. Season with salt and pepper to taste. Toss gently over low heat until hot. Toss through basil. Spoon into serving bowls and serve with finely grated parmesan.



Flat-leaf parsley:

- A sprig of parsley doesn't provide significant quantities of nutrients, but when used in larger amounts, parsley is a source of iron, needed for making red blood cells
- Vitamin C, useful for helping keep gums healthy and fight infections (25g of parsley supplies the recommended dietary intake of vitamin C)
- Beta carotene, which is converted to vitamin A and benefits vision in dim light
- Calcium, needed for healthy bones