

# Minted pea, bacon & ricotta spaghetti



## Minted pea, bacon & ricotta spaghetti

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

### Ingredients:

- 750g fresh green peas, shelled (about 300g podded peas)
- 400g dried spaghetti
- 2 tsp olive oil
- 3 garlic cloves, crushed
- 375g reduced fat bacon rashers, rind removed and roughly chopped
- 300g fresh low-fat ricotta, crumbled
- 2 tbs extra virgin olive oil
- salt and ground black pepper
- 1/2 cup mint leaves, roughly chopped

### Method:

1. Bring a large saucepan of salted water to the boil over high heat. Add peas and cook for 3–4 minutes or until just tender. Using a slotted spoon, remove peas to a colander and refresh under cold water.
2. Bring the saucepan of water back to the boil. Add spaghetti and cook, following packet directions, until al dente.
3. Meanwhile, heat oil in a medium frying pan over medium-high heat. Add garlic and bacon and cook, stirring occasionally, for 4–5 minutes or until crisp. Remove pan from heat.
4. Drain spaghetti, reserving 1/3 cup cooking liquid. Return spaghetti to the saucepan. Add peas, bacon mixture, ricotta, reserved cooking liquid and extra virgin olive oil to spaghetti. Toss over medium-low heat until well combined. Season with salt and pepper, toss through mint and serve.



### Green peas:

- A storehouse of nutritional goodies, including protein (important for growth and repair of body tissues), iron (important for healthy blood), zinc (needed by muscles), thiamin (vitamin B1) and niacin (vitamin B3) – both essential for the production of energy and folate (for heart health).