

# Spinach, eschalot & walnut spaghetti



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Serves: 4

Preparation: 15 minutes

Cooking: 16 minutes

400g dried spaghetti

1 cup walnuts, roughly chopped

2 tbs olive oil

6 large eschalots, peeled and sliced lengthways

2 bunches English spinach, trimmed, washed and chopped

100g feta cheese

1 lemon, rind finely grated  
salt and ground black pepper

1. Cook spaghetti in a large saucepan of boiling water, following packet directions, until al dente.
2. Meanwhile, heat a large non-stick frying pan over medium-high heat. Add walnuts and cook, stirring often, for 4–5 minutes or until toasted. Remove and set aside.
3. Add oil and eschalots to pan, reduce heat to medium and cook, stirring often, for 6–8 minutes or until golden and tender. Add spinach, cover and cook for 1–2 minutes or until spinach just wilts.
4. Drain spaghetti, reserving 2 tbs cooking liquid and return to saucepan. Add reserved cooking liquid, spinach mixture, walnuts, feta and lemon rind to spaghetti. Season with salt and pepper to taste. Gently toss over low heat until combined and serve.

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*Supplying quality fresh fruit & vegetables*

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