

# spring vegetable, basil & feta pasta



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### Ingredients:

350g dried fettuccine or mafaldine pasta  
2 tbs extra virgin olive oil  
2 garlic cloves, crushed  
3 medium zucchini, thinly sliced  
4 green onions, thinly sliced  
1 bunch asparagus, trimmed and cut into 2cm lengths  
200g green peas, podded (about 1 cup shelled green peas)  
100g reduced fat feta cheese, crumbled  
1 cup basil leaves  
ground black pepper  
crusty bread, to serve

### HEALTH BENEFITS:

#### 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).

### Method:

1. Cook pasta in a large saucepan of boiling water following packet directions.
2. Meanwhile, heat oil in a medium saucepan over medium heat. Add garlic and zucchini and cook, turning often, for 5 minutes or until golden. Add green onions and asparagus and cook for 2 minutes.
3. Add peas to the boiling pasta in the final 2 minutes of cooking. Drain pasta and peas, reserving  $\frac{1}{3}$  cup cooking liquid. Return pasta and peas to the pan.
4. Add zucchini mixture, feta, basil and reserved cooking liquid to pasta. Season with pepper to taste. Toss gently to combine over low heat. Serve with crusty bread.

**Serves:** 4

**Preparation:** 25 minutes

**Cooking:** 11 minutes