

Minted pea, bacon & ricotta spaghetti

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Preparation 25 mins | Cooking 15 mins | Serves 4

750g fresh green peas, shelled*
350g spaghetti
1 tbs olive oil
250g short-cut bacon rashers, roughly chopped
3 garlic cloves, crushed
300g fresh ricotta cheese, crumbled
½ cup small mint leaves
Extra virgin olive oil, for drizzling

*Yielding about 300g podded peas

STEP 1 Bring a large saucepan of water to the boil over high heat. Add peas, cover and return to the boil. Uncover and cook for 3 minutes or until just tender. Using a slotted spoon, transfer peas to a bowl. Set aside. Bring the water back to the boil, add spaghetti and cook following packet directions until al dente.

STEP 2 Meanwhile, heat olive oil in a medium frying pan over medium-high heat. Add bacon and garlic and cook, stirring often, for 4-5 minutes until crisp.

STEP 3 Drain spaghetti, reserving ½ cup cooking water. Return spaghetti to the pan. Add reserved cooking water, bacon mixture, peas and ricotta. Season with salt and pepper to taste. Toss over low heat until combined. Toss through mint. Spoon into serving bowls drizzle with extra virgin olive oil and serve.

Good for you... GREEN PEAS

A source of protein needed for growth and repair of tissues. A good source of dietary fibre, which helps normal laxation. Provide B complex vitamins thiamin (B1), riboflavin (B2), niacin (B3) and folate, all needed for normal growth and development. A source of iron, which is needed for normal cognitive function.

