

Less than 30 minutes

Serves 4

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Ingredients:

- 300g PnP Livewell wholewheat penne or regular penne pasta
- 2 Tbsp (30ml) olive oil
- 2 Tbsp (30ml) butter (optional)
- 4 cups (500g) frozen peas
- 1 packet (300g) baby spinach
- 1 tub (200g) ricotta cheese
- 1 cup (250ml) hot vegetable stock (or reserved pasta water)
- Handful each fresh mint and dill + extra for serving
- Lemon juice, to taste
- Salt and milled pepper
- Toasted pumpkin seeds, for serving (optional)



MAKE IT HEALTHIER

Wholewheat pasta keeps
you fuller for longer.

Method:

1. Bring a pot of salted water to a rolling boil and cook pasta for 8 minutes, stirring regularly.
2. Drain, reserving a cup of pasta water.
3. Rinse pasta under cold water to stop the cooking process. Set aside.
4. Heat olive oil and butter in a pan and sauté peas and spinach.
5. Add stock, herbs, lemon juice and $\frac{3}{4}$ ricotta cheese.
6. Blitz to make a pesto-like sauce.

7. Toss pasta through sauce and serve topped with remaining ricotta and toasted pumpkin seeds, if you like.