

Pasta with Shitake Mushrooms, Lemon & Asparagus



Sirve:

6 Servings

Pieza:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
11" Large Skillet with Cover
large mixing bowl

Valora: ★★☆☆☆

Contribuido por:

Chef Sergio Corbia
[Agregar un Comentario](#)

Descripción de la Receta:

Watch Chef's Sergio's [recipe video](#) for this tasty pasta recipe.

16 ounces
spaghetti
(340
g)
1/2 cup
shallots, sliced, use Cone #4
(80
g)
1 pound
Shitake mushrooms, sliced, use Cone #4
(454
g)
Pinch of salt
Pinch of black pepper
6 tablespoons
lemon juice
(90
mL)
3/4 cup
vegetable broth
(180
mL)
1 tablespoon
lemon zest
(6
g)
1 pound
asparagus, tough ends trimmed
(454
g)
1/4 cup

fresh chives, chopped

(12

g)

4 ounces

Asiago cheese, julienned, use Cone #2

(113

g)

Preparación :

1. Fill roaster $\frac{3}{4}$ full, cover and place on burner on high heat.
2. Meanwhile, place skillet on burner over medium heat. When several drops of water sprinkled on pan skitter and dance, place leeks in pan, turn heat to low and sauté for 1 minute.
3. Add mushrooms, salt, pepper, and lemon juice; sauté until soft, approximately 4 minutes.
4. Add broth and zest, increase heat to medium-high and cover. When Vapo-Valve™ clicks, reduce heat to low and simmer, uncovered, until liquid is reduced by half, approximately 6 minutes.
5. Add asparagus to mixture and continue to simmer until asparagus turns bright green, about 2 minutes.
6. Add chives and salt and pepper to taste.
7. Meanwhile, when water in roaster reaches a rolling boil, place spaghetti in culinary basket and place basket in water and cook uncovered according to package instructions, stirring occasionally. When spaghetti is tender but still firm to bite, take pan to sink, remove culinary basket in sink and allow spaghetti to drain.
8. Place spaghetti in large bowl, top with sauce and toss to coat. Top with Asiago and serve immediately.

Información nutricional por ración

Calorías: 412

Grasa Total: 7g

Grasa 4g

Saturada:

Colesterol: 17mg

Sodio: 708mg

Carbohidratos: 68g

Fibra 5g

Dietética:

Azúcar: 4g

Proteína: 20g