

Two Peas in a Pasta



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
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Descripción de la Receta:

Watch Chef Sergio prepare this delicious recipe, and learn how to use the new Saladmaster 6 Qt. Culinary Basket to prepare pasta to perfection.

2 leeks, sliced, use Cone #4
1/2 cup
vegetable broth, low sodium
(120
mL)
1/2 cup
heavy cream
(120
mL)
3/4 cup
water
(180
mL)
1 cup
fresh peas, shelled
(145
mL)
1 cup
snow peas, chopped in 1" slices
(160
mL)
1/2 teaspoon
Kosher salt
(3
g)
1/2 teaspoon
black pepper
(1
g)

1 pound
dried fettuccine
(454
g)
2 teaspoons
fresh parsley, chopped
(3
g)
2 teaspoons
lemon zest
(4
g)
1/3 cup
Parmesan cheese, shredded, use Cone #1
(27
g)

Preparación :

1. Place roaster on burner, fill 3/4 full with water and place heat on high until water reached a rolling boil.
2. Meanwhile, place skillet over medium heat. When several drops of water sprinkled on pan skitter and dance, place leeks in skillet, turn heat to low, and sauté until tender, approximately 5 minutes.
3. Add broth, cream and water, and simmer, uncovered, for approximately 5 minutes.
4. Stir in shelled peas and continue to simmer for 3 minutes.
5. Stir in snow peas, salt and pepper and continue to simmer for approximately 5 more minutes, until peas are tender. Remove and set aside.
6. Meanwhile, once water is boiling, place fettuccine in culinary basket, and place basket in boiling, salted water and cook, uncovered, according to package directions.
7. When pasta is cooked, carry pan to sink, remove culinary to sink and drain pasta. Place in large mixing bowl.
8. Add sauce to pasta and toss to combine. add parsley, zest and Parmesan and toss again. Serve immediately.

Información nutricional por ración

Calorías: 457
Grasa Total: 11g
Grasa 6g
Saturada:
Colesterol: 32mg
Sodio: 517mg
Carbohidratos: 74g
Fibra 5g
Dietética:
Azúcar: 2g
Proteína: 15g