



Photo credit: Taste.com.au

Zesty Spring Pasta

INGREDIENTS

- 40g butter
- 2 anchovies, finely chopped (optional)
- 2 garlic clove, finely chopped
- 1 small onion, diced
- 2 - 3 cups English spinach
- 1 tbsp olive oil
- Salt
- 250g dried spaghetti (or pasta of your choice)
- Freshly ground blackpepper
- Big handful of herbs, chopped (basil , parsley or dill work well)
- Zest of 1 lemon
- Freshly grated parmesan cheese, to serve

Paddy's

Presented by Melinda Essey
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Zesty Spring Pasta

METHOD

1. In a large frying pan, heat the butter over medium heat and fry the anchovies (if using. Omit for a vegetarian option), garlic and onion until the anchovies melt and the ingredients become fragrant. Add the spinach and sauté gently until just wilted. Transfer the spinach mix to the bowl of a small food processor or blender and process to a smooth purée, adding a little oil if necessary. Return the puree to the frying pan on very low heat.
2. Cook the pasta in plenty of boiling salted water according to the packet directions but cooking for a minute or two less.
3. Reserve a cup of pasta water, then drain the pasta and add to the skillet, turning the heat up to medium. Mix well to combine, adding approx. 1/4 of the reserved pasta water (more if necessary). Allow pasta to finish cooking in the puree. Just before serving, add lemon zest and herbs. Taste and adjust seasoning if necessary. Serve topped with a little parmesan.

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Cauliflower & Feta Pasta

INGREDIENTS

- 250g pasta of your choice
- 1 tbsp butter
- 2 tbsp olive oil
- 1/2 small cauliflower, about 350g, chopped into small florets – be sure to chop the stems and use them too
- 1 cloves garlic, chopped finely
- Salt
- Freshly ground black pepper
- 150g Danish-style feta
- Juice and zest of half a lemon
- Handful of parsley, chopped
- Pine nuts, toasted (optional)

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Cauliflower & Feta Pasta

METHOD

1. Cook the pasta in plenty of boiling salted water according to the packet directions.
2. Place a large fry pan on medium heat. Melt the butter and then add the oil to the pan. Add cauliflower, seasoning well with pepper. Cook, shaking occasionally until gently browned and starting to soften (about 8 minutes). Add the garlic to the pan, give it a stir and turn heat very low to barely keep warm.
3. Once the pasta is almost al dente, reserve a cup of pasta water, drain the pasta. Turn the heat of the fry pan up to medium. Add the feta and approx. half of the reserved water to the cauliflower and give it a good stir to melt through. Add the pasta and mix well to combine, adding more of the reserved water if necessary. You want it to combine into a creamy sauce. Stir through the lemon zest and juice and parsley. Taste and adjust seasoning if necessary. Serve topped with a little more parsley and some freshly toasted pine nuts.

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