



Cooking Made Easy

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Spring Asparagus, Pea & Mint Penne with Ricotta



Spring is in the air! We're looking forward to warmer months with classic early-Spring ingredients like asparagus, mint, and sweet peas! A dollop of creamy ricotta with a drizzle of olive oil is a luscious way to finish off this light and bright pasta.



30 min



level 1



nut free



veggie



Asparagus



Peas



Penne



Shallot



Parmesan Cheese



Lemon



Ricotta



Garlic



Stock Concentrate



Mint

Ingredients	2 People	4 People
Penne	1) 3)	6 oz / 12 oz
Peas		4 oz / 8 oz
Asparagus		1 bunch / 2 bunches
Shallot		1 / 2
Parmesan Cheese	2)	¼ C / ½ C
Garlic		2 cloves / 4 cloves
Ricotta	2)	1 C / 2 C
Lemon		1 / 2
Stock Concentrate		1 / 2
Mint		1 sprig / 2 sprigs
Butter*	2)	2 T / 4 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Eggs

Tools

Large Pot, Large Pan, Strainer

Ruler

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Nutrition per person Calories: 800 cal | Carbs: 95 g | Fat: 33 g | Protein: 38 g | Fiber: 16 g



1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Trim and discard the bottom inch of the **asparagus**, then cut into 1-inch pieces. Mince the **garlic** and **shallot**. Zest and halve **lemon**. Chop **mint leaves**.



2 When boiling, add the **penne** to the **water** and cook for 9-10 minutes, until al dente. Drain, reserving ½ cup **pasta water**. Set aside. Meanwhile, heat 1 tablespoon **butter** in a large pan over medium heat. Add the **shallot** and **garlic** and cook for 2-3 minutes, until soft and fragrant. Add the **asparagus** to the pan and cook, tossing, 2-3 more minutes, until bright green and crisp-tender. Season with **salt** and **pepper**.



3 Add the **peas** to the pan and cook for 1 more minute, until heated through. Add another 1 tablespoon **butter**, **stock concentrate**, a splash of **pasta water**, **chopped mint**, and a squeeze of **lemon**. Season with **salt** and **pepper**.



4 Add drained **pasta** to the pan and cook over medium heat, tossing, for 1 minute. Stir in the **Parmesan cheese** and add a splash of **remaining pasta water**, if needed, to thin out the sauce. Season with **salt** and **pepper** to taste.

5 Serve the **pasta** divided between bowls with a generous dollop of **ricotta**. Top ricotta with a drizzle of **olive oil** and sprinkling **salt** and **pepper**. Sprinkle the pasta with **lemon zest** and enjoy!