



Silky Pesto Primavera Tagliatelle

Silky tagliatelle coated in vibrant basil pesto, tossed with tender seasonal vegetables, garlic and a touch of Parmesan. Fresh, creamy and full of Mediterranean-inspired flavour, with a delicious balance of herby, savoury and subtly nutty notes.

Ingredients

- Courgette
- Tagliatelle
- Shallot
- Lemon
- Low Fat Cream Cheese
- Basil Pesto
- Vegetarian Parmesan
- Asparagus

Your Pantry

- Olive Oil
- Salt
- Pepper

Nutritional Info

Calories: 524 kcal
Carbohydrates: 46 g
Protein: 21 g
Fat: 29 g

Allergens

[Wheat \(Pasta\)](#)
[Milk \(Cream Cheese\)](#)
[Nuts \(Cashew in Pesto\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Prepare the vegetables

Peel and finely dice the shallot. Cut the courgette into small cubes. Cut the woody ends off the asparagus and discard them. Cut the remaining asparagus into thirds. Use a very fine grater to zest the lemon.

3) Cook the pasta

Cook the pasta for about 8 minutes, then add the asparagus and cook for a further 4 minutes or until the asparagus is tender and the pasta cooked through. Once cooked, take a mug and carefully fill it with some pasta water - you'll use this later. Drain the remainder and set the pasta and asparagus aside.

4) Saute the vegetables

Add a wide non-stick saucepan to medium heat with a drizzle of oil. Once hot, add the shallot and cook for 3 minutes or until soft. Add the courgette to the pan and cook for a further 4-5 minutes until soft.

5) Make the sauce

Add the cream cheese to the pan and mix well, adding enough of the conserved pasta water to create a loose pasta sauce. Stir in the pesto and about half a teaspoon of lemon zest per person. Season with salt and pepper.

6) Bring it all together

Add the pasta and asparagus to the pan and use two forks to toss everything together until well combined.

7) Serve the dish

Serve the dish in bowls and garnish with parmesan cheese. Enjoy!



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