

## PEAS N PASTA

Great served hot or cold. You can eat this as a hot lunch or chilled as a side dish for a BBQ.

Serves 2

Per serving: 317 calories, 1.1% fat

Prep time: 5 minutes

Cook time: 20 minutes

## INGREDIENTS

150g dry pasta spirals  
160g frozen peas  
3 spring onions, cleaned, trimmed and sliced  
1 vegetable stock cube  
freshly ground pepper  
zest of 1 lemon

## METHOD

1. Bring a medium sized saucepan half filled with water to the boil and add the stock cube, stir to dissolve, then add the dried pasta, bring back to the boil and then reduce the heat slightly.
2. When the pasta is almost cooked add the peas, bring back to the boil and cook for a further 2 – 3 minutes.
3. Once the pasta and peas are cooked, drain and return to the pan (do not return to the heat). Add the sliced spring onions lemon zest and some freshly ground black pepper. Stir gently to combine and serve in a warmed pasta bowl. Perfect served with some rocket (optional).

