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Pasta Primavera (Pasta With Spring Vegetables) Recipe

by <u>J. Kenji López-Alt</u> updated Mar. 07, 2021 RECIPE RATING: $\pm \pm \pm \pm$ 8 COMMENTS



[Image: J. Kenji López-Alt]

WHY IT WORKS

- Blanching green vegetables in a pot of salted water helps set their color and delivers bright flavor and crisp texture.
- Infusing butter with garlic gives you mild garlic flavor throughout the whole dish.
- Using crème fraîche in place of traditional heavy cream lends a brightness that complements the fresh vegetables instead of distracting from them.

ts name literally means "spring pasta," but too many versions of the ubiquitous Italian-American dish pasta primavera contain little if any green spring produce. This recipe fixes that, coating a mixture of bright vegetables, like asparagus shoots, English peas, fava beans, and *broccolini*, in a creamy but light sauce made with crème fraîche.

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Recip	e Facts			★★★★ ★ 5 (1)
((• •))	Active: Fotal:	60 mins 60 mins	Serves: 4 servings	Rat <u>e & Co</u> mm <u>e</u> nt 😢

Ingredients

• 12 ounces fava beans in their pods, or 4 ounces shucked fava beans (120g shucked beans)

- 12 ounces English peas in their pods, or 4 ounces shucked peas (120g shucked peas)
- Kosher salt
- 8 ounces (225g) asparagus, <u>woody ends removed</u>, stalks cut on a sharp bias into 1-inch pieces
- 6 ounces (170g) snap peas, strings removed, cut on a sharp bias into 1/2-inch slices
- 8 ounces (170g) broccolini, woody ends removed, cut on a sharp bias into 1-inch pieces
- 4 tablespoons (50g) unsalted butter
- 2 tablespoons (30ml) extra-virgin olive oil, plus more for serving
- 2 whole cloves garlic, lightly smashed with the side of a knife
- 3 ounces (90g) pine nuts

1 pound (450g) fresh egg pasta, such as fettuccine, penne, or gemelli (see note)

• 6 ounces (170ml) crème fraîche

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- 2 teaspoons (5g) finely grated zest and 1 teaspoon (5ml) fresh juice from 1 lemon
- 1/2 ounce minced fresh basil leaves (about 1/2 cup packed leaves; 15g)
- 1/2 ounce minced fresh parsley leaves (about 1/2 cup packed leaves; 15g)
- Freshly grated Parmigiano-Reggiano, to taste
- Freshly ground black pepper

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Directions

1. If using fava beans and peas in their pods, shuck beans and peas from pods, keeping beans and peas separate. Discard pods. Bring a large pot of salted water to a boil and prepare an ice bath. Working with one vegetable at a time, blanch favas, peas, asparagus, snap peas, and broccolini in boiling water for 1 minute each, transfer to ice bath to cool, then transfer to a paper towel-lined tray and pat dry. Remove and discard skin from each individual fava bean. Set vegetables aside. Empty pot, refill it with fresh water, season generously with salt, and return to a boil.



2. Meanwhile, in a 3- to 4-quart saucier or a 12-inch skillet, heat butter, olive oil, garlic, and pine nuts over low heat until gently sizzling. Cook, swirling pan constantly, until pine nuts just start to brown and garlic aroma is very strong. Do not let butter brown; remove it from heat occasionally if it starts to sizzle too rapidly. Discard garlic cloves. Add blanched vegetables to pan and toss to combine. Remove from heat.



3. When water is boiling, add pasta and cook until just shy of al dente, about 1 minute total for most fresh pasta (see note). Drain pasta, reserving 1 cup cooking liquid. Transfer pasta to pan with vegetables and add crème fraîche, lemon zest, lemon juice, basil, and parsley. Set over high heat and cook, stirring and tossing constantly and adjusting the consistency as necessary with a few splashes of the starchy pasta water, until liquid reduces to a creamy sauce. The sauce should coat the pasta and leave a creamy trail on the bottom of the pan when you drag a wooden spoon through it.



4. Off heat, stir in a generous shaving of fresh Parmigiano-Reggiano and season to taste with salt and pepper. Serve immediately, drizzling with olive oil and sprinkling with freshly ground black pepper and grated Parmigiano-Reggiano at the table.



Special equipment

3- or 4-quart saucier or 12-inch skillet

Notes

Fresh egg pasta is ideal for this dish, but you can substitute an equal amount of dried pasta. Cook the dried pasta for 1 to 2 minutes less than the package directions indicate before adding it to the pan with the vegetables in step 3.

This Recipe Appears In

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	 PrestigiousBandicoot • a year ago Excited to try this! The fresh veggies look so good. I don't usually have creme fraiche around. Would you be able to substitute for plain greek yogurt or something like that? ^ ∨ • Reply • Share → 									
		ll my vegetables a ccolini, and green	y 1							
	Then, I made up a version with just 2 ounces of pasta (corresponding measurements being 2 grams of the vegetables, half a tablespoon of olive oil, half a tablespoon of butter, 1 clove of garlic, 15 grams pine nuts, 28 grams creme fraiche, and a handful of parsley and basil leaves									
		fresh and clean-t • Reply • Share	way to celeb	rate spring!						
	 Dibie1221 • 4 years ago I just made this and it was a winner! (Subs: slivered almonds for pine nuts and frozen peas for fresh; broccoli florets; no fava beans). Will def keep this in the spring rotation. And I will adapt for the seasons with each season's veg. ∧ ∨ • Reply • Share → 									
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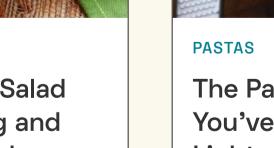
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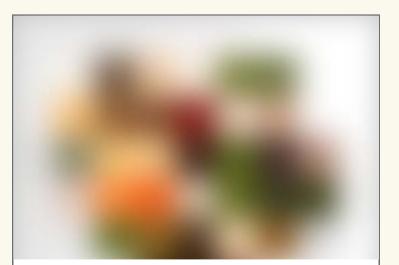
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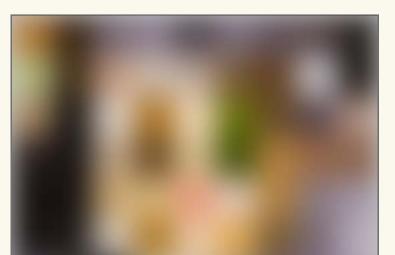


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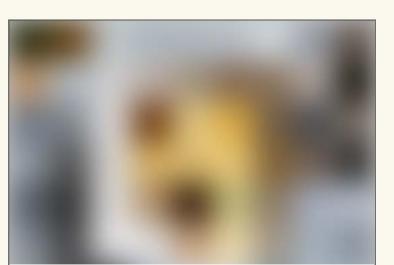
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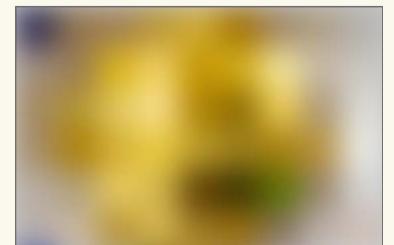
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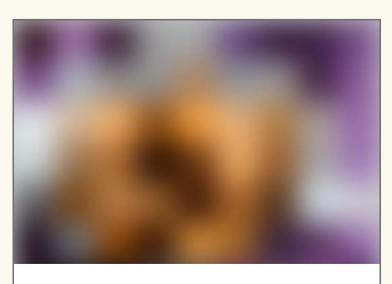


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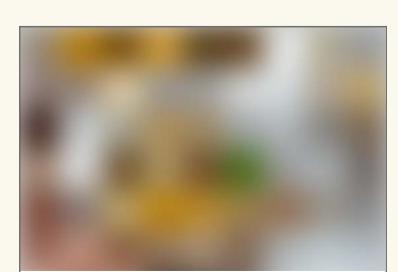
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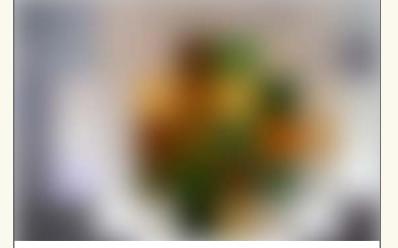
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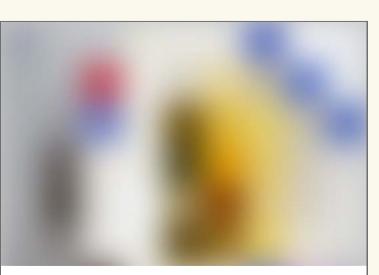
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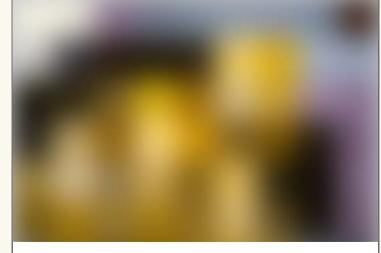


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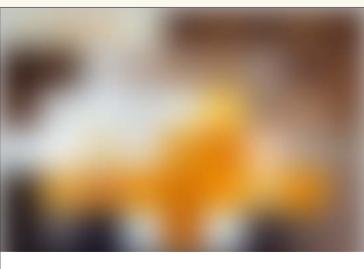


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