

Ramp & Snap Pea Fregola Sarda

with Parmesan Cheese & Walnuts

Let's go wild with our produce! We're making fregola sarda with ramps and oyster mushrooms—two incredible, prized finds for foragers everywhere. Ramps, also called wild leeks, are a green-leafed specialty known for their fragrance and mellow, savory taste. Oyster mushrooms, whose ridged caps are said to resemble oyster shells, impart delicate, woodsy notes to the pasta. We're harnessing these complementary flavors with delicious, complex results. Enjoy, chefs!



Ingredients

- 1½ Cups Fregola Sarda Pasta
- 2 Ounces Oyster Mushrooms
- 1 Lemon
- 1 Ounce Ramps
- 1 Red Onion
- ½ Pound Sugar Snap Peas
- 1 Bunch Mint

Knick Knacks

- 3 Tablespoons Walnuts
- 2 Tablespoons Butter
- ¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Cook the fregola sarda:

Heat a large pot of salted water to boiling on high. Once boiling, add the **fregola sarda pasta**. Cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly and set aside in a warm place.

2



Prepare the ingredients:

While the pasta cooks, wash and dry the fresh produce. Trim off and discard the root ends of the mushrooms; cut into bite-sized pieces. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Trim off and discard the root ends of the ramps; if any dirt is noticeable, wash until clean. Thinly slice the white bottoms of the ramps; roughly chop the green tops. Peel, halve and thinly slice the onion. Trim off and discard the ends of the snap peas; pull off the tough string that runs the length of each pod. Cut the pods into thirds. Pick the mint off the stems; discard the stems.

3



Brown the mushrooms:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms**. Cook, stirring occasionally, 3 to 5 minutes, or until browned and crispy. Transfer to a paper towel-lined plate; season with salt and pepper to taste. Wipe out the pan.

4



Cook the vegetables:

In the pan used to brown the mushrooms, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **snap peas, white bottoms of the ramps and walnuts**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the snap peas are bright green.

5



Finish the fregola sarda:

Add the **green tops of the ramps, lemon zest, butter, cooked fregola sarda, mushrooms, the juice of all 4 lemon wedges, half the Parmesan cheese and half the reserved pasta cooking water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until combined; season with salt and pepper to taste. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)

6



Plate your dish:

Divide the **finished fregola sarda pasta** between 2 dishes. Garnish with the **mint and remaining Parmesan cheese**. Enjoy!