

Fresh Fettuccine Pasta

with Sugar Snap Peas & Arugula Pesto

Though we may not think of salad greens as a seasonal item, some leafy greens are at their absolute best in spring. Peppery arugula, which is actually in the cabbage family, has its peak season as the weather begins to warm. We're taking advantage of its lightly piquant flavor in this dish, finely chopping it and combining it with Parmesan, lemon zest and olive oil to create a pesto. Stirred into fresh fettuccine, this beautiful sauce is seasonal simplicity at its finest.



Ingredients

8 Ounces Fresh Fettuccine Pasta
6 Ounces Sugar Snap Peas
3 Ounces Arugula
3 Cloves Garlic
1 Lemon

Knick Knacks

2 Tablespoons Butter
2 Tablespoons Pistachios
1 Shallot
1/3 Cup Grated Parmesan Cheese

Makes 2 Servings
About 700 Calories Per Serving
Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Snap off the stem of each sugar snap pea; pull off and discard the tough string that runs the length of the pod. Peel and thinly slice the garlic and shallot. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Roughly chop the pistachios.

2



Make the arugula pesto:

Very finely chop the **arugula**. In a medium bowl, combine the **finely chopped arugula**, **lemon zest** and **all but a pinch of the Parmesan cheese** (save the rest for garnish); season with salt and pepper. Add enough **olive oil** to create a rough paste. Stir in the **juice of all 4 lemon wedges**; season with salt and pepper to taste.

3



Toast the pistachios:

Heat a large, dry pan on medium-high until hot. Add the **pistachios** and toast, stirring frequently, 2 to 3 minutes, or until browned and fragrant. Transfer to a small bowl and set aside. Wipe out the pan.

4



Cook the vegetables:

In the pan used to toast the nuts, heat the **butter** on medium-high until hot. Add the **garlic** and **shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the garlic and shallot are softened and butter is lightly browned. Add the **sugar snap peas** and season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until the peas are bright green and slightly tender. Remove from heat.

5



Cook the pasta:

Add the **pasta** to the pot of boiling water, stirring gently to separate noodles. Cook 2 to 3 minutes, or until al dente (slightly firm with a bite). Reserving ½ cup of the pasta cooking water, drain the pasta thoroughly.

6



Plate your dish:

Off the heat, add the **cooked pasta**, **arugula pesto** and **half the pasta cooking water** to the pan of vegetables. Stir to combine. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Season with salt and pepper to taste. Divide the **finished pasta** between 2 dishes. Garnish with the **toasted pistachios** and **remaining Parmesan cheese**. Enjoy!