

# Lamb, Mint & Pea Orecchiette

*with Purple Spring Onions*

Lamb and mint have gone hand in hand throughout culinary history. Here, we're using these classic flavors to create a sauce for orechiette, a small, ear-shaped pasta from Southern Italy. You'll finish cooking the pasta in the sauce, soaking up the lamb's signature richness and the peppery bite of the mint. With purple spring onions and a burst of flavor from lemon zest, this delicious dish has got us smiling from ear to ear.



## Ingredients

8 Ounces Orecchiette Pasta

6 Ounces English Peas

3 Cloves Garlic

1 Bunch Mint

1 Lemon

4 Ounces Purple Spring Onion

8 Ounces Ground Lamb

2 Tablespoons Butter

¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 700 Calories Per Serving





# Instructions



1

## Cook the pasta:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **orecchiette pasta** and cook 7 to 9 minutes, or until al dente (still slightly firm to the bite). Reserve at least **1 cup of the pasta cooking water** and drain the pasta thoroughly. Set aside as you continue cooking.



2

## Prepare the ingredients:

While the pasta cooks, wash and dry the fresh produce. Shell the peas. Peel and slice the garlic. Pick the mint leaves off the stems; discard the stems and finely chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Cut off and discard the root ends of the spring onion, then thinly slice on an angle.



3

## Cook the aromatics:

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic** and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.



4

## Add the lamb:

Increase the heat to medium-high and add the **lamb**, using your hands to break apart or crumble the meat into smaller pieces before adding. Season with salt and pepper and cook, stirring occasionally and breaking the meat apart with a spoon, 2 to 3 minutes, or until browned and cooked through.



5

## Finish the pasta:

Add the **lemon zest, peas, cooked pasta, butter, the juice of 2 lemon wedges, half of both the Parmesan cheese and mint** (save the rest for garnish) and **3/4 cup of the reserved pasta water**. Cook, stirring occasionally, 3 to 5 minutes, or until slightly reduced, well combined and heated through. (If the sauce starts to look dry, add as much of the remaining pasta cooking water as you'd like to reach your desired consistency.) Remove from heat and season with salt and pepper to taste.



6

## Plate your dish:

Divide the pasta between 2 dishes and top with the **remaining Parmesan cheese and mint**. Garnish with the **remaining lemon wedges**. Enjoy!