

Creamy pasta primavera

Total Cook Time 25-30 mins

Servings: approx. 3

Ingredients

- 8oz penne or bowtie pasta (or approx. ½ box)
- 1/2 cup frozen sweetcorn
- 1 tbsp olive oil
- Approx. 15 spears asparagus, cut into 1 inch pieces (can sub with broccoli)
- 1/2 white onion, thinly sliced
- 2 cloves garlic, minced (or 1 tsp garlic paste)
- 2 teaspoons dried Italian herb blend
- 2 medium tomatoes, diced
- 2 handfuls of baby spinach leaves
- 1/2 cup cream cheese
- 1/4 cup grated Parmesan cheese
- 2 tbsp water (you can use the pasta cooking water)
- Salt & Black pepper

Equipment

- Large pot
- Colander
- Large skillet/frying pan
- Cutting board/knife
- Wooden spoon/spatula

Instructions

1. Boil water to cook pasta according to instructions on box
2. While water is coming to boil, prepare all cut vegetables (asparagus, onion, tomatoes)
3. Add the pasta and frozen sweetcorn to boiling water and cook til pasta is al dente
4. Meanwhile, heat the olive oil in a frying pan over a medium heat, and add the chopped asparagus, onion, and garlic – season with salt and pepper. Cook for 5 minutes, until the vegetables are beginning to soften, then add the diced tomatoes and dried herbs.



5. After another 2 minutes, add in the spinach and cook until just wilting.
6. Then add the cream cheese, grated parmesan, and a splash of water. Cook for a couple of minutes until the cheese has melted and combined to produce a silky sauce.
7. Drain the cooked pasta, add it to the pan with the vegetables and sauce, and mix well to combine. Season to taste, and serve.