

LEMON & PEA PASTA

INGREDIENTS

- 1 packet soba noodles
- 1 mug fresh or frozen peas
- 1 garlic clove, grated
- 2 tbsp ricotta cheese
- 2 tbsp real Greek yoghurt
- Juice of 2 whole lemons
- Sea salt, to taste
- Freshly grated lemon zest, to serve
- Black pepper, to serve



METHOD

1. Bring 1 cup of water to the boil in a saucepan. Add the grated garlic, the lemon juice and the peas.
2. Simmer for 5 minutes if using frozen peas, or about 7 minutes if using fresh peas.
3. Stir in the ricotta cheese and mix well.
4. Turn off the heat and leave for 1 minute, then stir in the Greek yoghurt until smooth.
5. While the peas are cooking, cook the soba noodles in boiling water for about 3 minutes, then drain.
6. Add the noodles to a large bowl, season with a pinch of sea salt and toss lightly.
7. Pour over the lemon and pea sauce and mix well.
8. Finish with freshly grated lemon zest and plenty of black pepper.

WHY IT'S LOVELY



Bright and fresh



Quick to make



Comforting and light



Seasonal and nourishing



Lovely for lunch or supper