



## WHY WE LOVED IT

Sofie's Green Linguine has lots of lovely fresh vegetables in it. In her recipe she uses cream cheese to make the sauce which is a great trick if you have some in the fridge and dried mint which is a brilliant example of using what you have in the cupboard.

We loved Sofie's recipe because it reminds us that we don't just eat with our sense of taste but also with our eyes. Something has to look great for us to enjoy it too. We love the colour green in our food too because it reminds us of spring and all the fresh vegetables of the season!

What colour is your favourite vegetable?



### MY FAMILY FAVOURITE What are you calling your recipe?

My family favourite is called: GREEN LINGUINE

### MY FAMILY MOMENT The personal story behind your recipe.

This meal is special to me because  
I love the color green.

I eat this meal with  
grated cheese and dried mint.

## INFO:

Total time: **20 minutes**

Serves: **4**

## INGREDIENTS:

- 300g fresh linguine
- 2 lemons
- Extra virgin olive oil
- 1 small clove of garlic
- 30g fresh mint
- 500g asparagus
- 320g frozen peas
- 30g Parmesan cheese

## METHOD

### STEP 1

Snap off the bottom of the asparagus (you can save these and add these to soup), chop the asparagus into pieces and cook with the peas and linguine in a pan of boiling salted water for 3 minutes, until tender.

### STEP 2

Finely grate the lemon zest into a bowl and squeeze some of the lemon juice – you need roughly 2 tablespoons. Add 5 tablespoons of oil and finely grate in half the garlic. mix it all together with a fork until it's thick and creamy. Season with salt, black pepper.

### STEP 3

Pick and finely chop most of the mint leaves, reserving a few for later. Drain the linguine and veg, (reserving a mug of the starchy cooking water), then tip the vegetables and pasta back into the pan.

### STEP 4

Pour over the lemony dressing, grate in most of the Parmesan and add the chopped mint. Using tongs toss everything together so everything is coated in the dressing. if it's a bit dry, use the starchy water to make it a bit saucy.

### STEP 5

Divide between serving bowls, grate over the remaining Parmesan and sprinkle with the remaining mint leaves.