

Sweet Pea and Ricotta Pasta Salad

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[Prep: 15 mins / Cook: 10 mins / TOTAL: 25 mins]

[Serving size: 4 dinner sized portions]

- 3/4 cup sweet peas, fresh or frozen
- 1 cup cherry or grape tomatoes, washed, sliced and marinated in 1/2 tablespoon olive oil and a dash of salt
- 2/3 cup ricotta
- 3 tablespoons crumbled feta
- 1/2 cup packed parsley, washed
- 1/2 cup packed basil, washed
- lemon juice from 1 lemon
- lemon zest from 1 lemon
- 3-4 garlic cloves
- 2 tablespoons chives, washed and chopped
- 3 tablespoons olive oil
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- salt
- fresh ground black pepper
- 1 box farfalle [bowtie] pasta

If using frozen peas make sure to take them out ahead of time so that they can defrost. If using fresh peas give yourself a little extra time to shell them.

Fill up a large pot with about 5 quarts of water - or until water is about 3 inches from the top. Salt generously - at least 1 tablespoon - cover and set heat to high.

Wash tomatoes and slice thinly. Marinate the tomato slices in 1/2 tablespoon olive oil and a pinch of salt.

Wash and stem the basil and parsley, zest and juice 1 lemon, and peel 3-4 gloves of garlic [I like a lot of garlic, but it is used raw here so it gives a lot of kick, so use less if you want the flavor to be milder]. Chop the feta into small pieces and mince the chives. The feta, lemon zest and chives will be used as a topping, you can put them aside to use at the end.

In a small food processor combine the ricotta, sweet peas, washed and stemmed basil and parsley, lemon juice, 2 tablespoons olive oil, garlic cloves, a few pinches of salt and a few grind of fresh cracked black pepper. Blend until all ingredients are incorporated and the texture is smooth. Let sit in the food processor.

When water begins to bowl add the pasta and set timer to 8 minutes.

Pour the balsamic vinegar and honey into a small skillet and cook over high heat until it begins to bubble/boil. Lower the heat and let the mixture simmer until it has reduced to half of its volume and is thick enough to coat a spoon, about 10 minutes.

When pasta is done cooking, reserve 1/3 cup pasta water before draining. Transfer pasta to a serving bowl and toss with a splash of the pasta water and a tablespoon of olive oil, mix well.

Add the reserved pasta water to the sweet pea ricotta sauce and blend - this will help to thin out the sauce a little. Toss the pasta as well as the marinated tomatoes and the sweet pea ricotta sauce. Top the pasta with feta, lemon zest and chives, drizzle the balsamic reduction over the top.

Enjoy!