

青豆火腿卡邦尼煙斗粉

Pea and ham pasta

份量：2 人

熱量：每份 585 卡路里



基本材料：

煙斗粉（長通粉或螺絲粉亦可）	175 克
橄欖油	1 茶匙
洋蔥	1 個(大) ，切碎
巴馬火腿	3 片(45 克)，撕開一條條
蒜頭	2 粒，磨碎
鹽醃鯷魚仔	4 條，切細
急凍青豆	120 克
薄荷葉	1 把，切細
番茜	1 把，切細
巴馬臣芝士	20 克
半脂法式酸忌廉	60 毫升
海鹽、現磨黑胡椒	少許
檸檬皮	半個

烹飪步驟：

1. 煙斗粉用鹽水煮至半生熟，約需 10 分鐘。
2. 準備一個中型煎鍋，橄欖油以中火加熱，加入洋蔥和巴馬火腿，略炒 3-4 分鐘，直至洋蔥軟化。加入蒜頭和鹽醃鯷魚仔，再炒 2 分鐘。
3. 煙斗粉煮好後，將青豆一同倒入煲內。青豆稍稍略煮即可。將青豆和煙斗粉一同撈起待用。留一湯殼意粉水備用。
4. 將意粉水加進巴馬火腿洋蔥配料中，令醬汁不會太稠。拌勻。
5. 加入番茜、薄荷葉、巴馬臣芝士和半脂法式酸忌廉，之後以海鹽和黑胡椒調味。
6. 倒入煙斗粉，兜勻。上碟，撒上檸檬皮。

Pea and ham pasta

Serving : 2

Calorie: 585 per serving

Basic Ingredients:

Lumaca rigate pasta	175g
(or if you can't get hold of it, use conchiglie, short macaroni, penne, rigatoni or fusilli instead)	
Olive oil	1 tsp
Large onion	1, diced
Parma ham	3 slices (45g in total), roughly torn
Large garlic cloves	2, finely grated
Salted anchovies	4, chopped
Frozen peas	120g
Mint leaves	A handful, finely chopped
Parsley leaves	A handful, finely chopped
Parmesan	20g grated
Half-fat crème fraîche	60ml
Sea salt and freshly ground black pepper	A little
Zest of ½ lemon	Grated

Procedures:

1. Cook the pasta in a large pan of boiling salted water until *al dente*. This will take about 10 minutes.
2. Meanwhile, heat the olive oil in a medium sauté pan over a medium heat and add the onion and Parma ham. Sweat for 3–4 minutes or until the onion has softened. Add the garlic and anchovies and cook for 2 minutes.
3. Add the peas to the pasta and then drain, reserving about a ladleful of the cooking water.
4. Add enough of the reserved pasta water to the onion and Parma ham mixture to loosen the sauce – you may not need it all – and stir well.
5. Add the herbs, Parmesan and crème fraîche then season with salt and pepper to taste.
6. Toss the pasta in the sauce to coat, spoon into warmed serving bowls and sprinkle with lemon zest to serve.