

Easy Peasy Pasta

Ingredients



Remember: wonky or overripe ingredients are just as tasty — and using them up means less food waste!



Pasta



**Grated
parmesan**



**Juice and zest
of a lemon**



**A dollop
of yoghurt**



**A handful of
fresh or frozen
peas**

Instructions



Did you know? A handful of peas has as much protein as an egg!

1. Boil a pan of salty water and cook your pasta. Check the packet for instructions of how long to cook it for
2. Defrost the peas in boiling water
3. Add the cooked peas, yoghurt, lemon juice and a dash of water to a blender – this is your pasta sauce!
4. Drain the pasta and stir in the pasta sauce
5. Pile into bowls and add the parmesan and lemon zest

