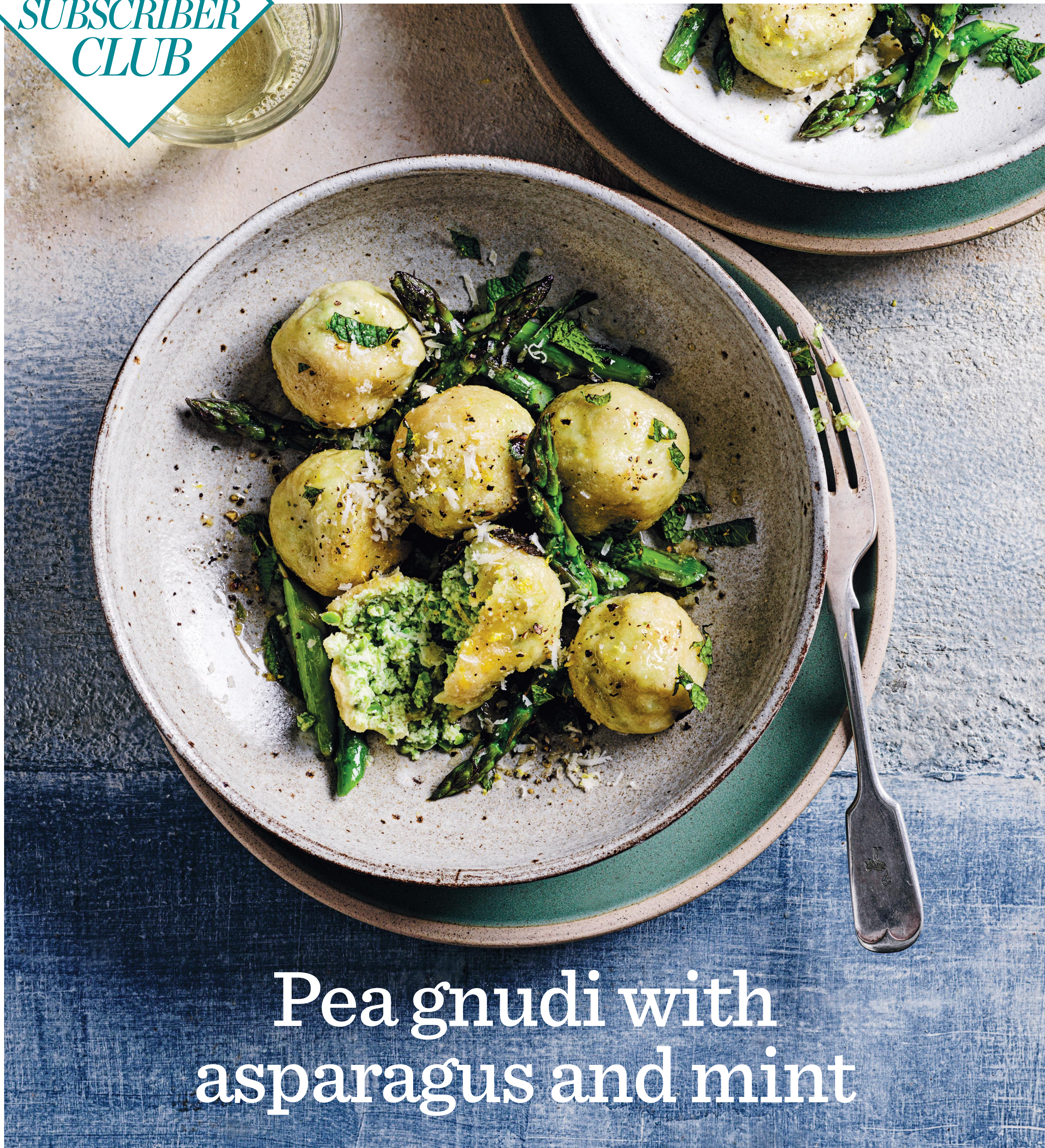




Exclusive recipe



Pea gnudi with asparagus and mint

SERVES 4 as a starter **PREP** 30 mins plus overnight chilling
COOK 15 mins **MORE EFFORT**

While these delicate little dumplings take some time to make, there isn't too much hands-on work and they're well worth the effort.

250g ricotta
30g parmesan, finely grated,
plus extra to serve
1 egg, beaten
grating of nutmeg
200g peas
250g fine semolina

50g salted butter
250g asparagus, spears trimmed
and cut into 3 pieces
5g mint, leaves picked and
finely chopped
1 lemon, zested

1 Put the ricotta in a sieve set over a bowl and leave in the fridge to drain for a few hours. Transfer the ricotta to a clean bowl and add the parmesan, egg, nutmeg and $\frac{1}{4}$ tsp fine sea salt. Pulse the peas in a food processor until roughly chopped, then stir into the ricotta mixture, ensuring it is fully combined. Set aside. Spread the semolina in the bottom of a large roasting tin.

2 Scoop a heaped teaspoonful of the ricotta mixture and form into a small ball using damp hands. Roll in the semolina until completely coated and leave in the tray. Repeat with the remaining mixture. Leave the gnudi to chill overnight, uncovered.

3 Bring a large pan of salted water to the boil over a medium heat. Reduce to a

simmer and gently lower in 10 gnudi using a slotted spoon. Cook each batch for 2-3 mins or until they rise to the surface. Scoop out and carefully transfer to a plate.

4 Meanwhile, heat the butter in a large frying pan over a medium heat until gently foaming. Cook the asparagus for 3-4 mins until just tender. Gently add the gnudi and stir through, along with most of the mint and lemon zest. Season well with salt and pepper. To serve, sprinkle over the remaining mint and lemon zest, plus a little extra parmesan, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c
• 1 of 5-a-day • gluten free
PER SERVING 519 kcals • fat 24g • saturates 13g
• carbs 51g • sugars 4g • fibre 6g • protein 21g • salt 0.9g



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Samuel Groves
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