

Fettuccine & Assorted Vegetables

By James Brock

Serves 4

Ingredients:

- ¼ pound sugar snap peas, stems trimmed
- ½ pound asparagus, ends snapped
- 2 tablespoons olive oil, plus one tablespoon butter
- ¾ cup English peas (frozen is fine)
- ¼ cup thinly sliced spring onion, white part only (or use shallot)
- 2 garlic cloves, finely chopped
- ½ teaspoon fine sea salt, more as needed
- Black pepper, more as needed
- 12 ounces fettuccine or tagliatelle
- ⅔ cup grated Parmigiano-Reggiano, at room temperature
- ½ cup crème fraîche or whole milk Greek yogurt, at room temperature
- 3 tablespoons finely chopped parsley
- 1 tablespoon finely chopped tarragon

Chantal Item Needed:

- 8 qt. Stockpot with Glass Lid
- 11" Fry Pan with Cerramic Coating



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Method:

1. Bring a large pot of heavily salted water to a boil over medium-high heat.
2. While the water is coming to a boil, slice snap peas and asparagus stems into ¼-inch-thick pieces; leave asparagus tips whole. **Note:** You can substitute a number of vegetables for the asparagus — or any of the other vegetables here — including fava beans and broccoli. Just remember that some vegetables take longer to cook than others.
3. Melt olive oil and butter in a large skillet over medium-high heat. Add snap peas, asparagus, and onion. Cook until vegetables are barely tender (but not too soft or mushy), 3 to 4 minutes. Stir in garlic and cook 1 minute more, then add peas and cook for 1 minute. Season with salt and pepper; set aside.
4. Drop pasta into boiling water and cook until al dente (1 to 3 minutes for fresh pasta, more for dried pasta). Drain well and transfer pasta to a large bowl. Immediately toss pasta with vegetables, Parmigiano-Reggiano, crème fraîche or yogurt, and herbs. Season generously with salt and pepper, if needed.

Bon appétit!