

Primavera Makarna

Fresh and light Pasta Primavera with seasonal vegetables, garlic, and lemon sauce. Perfect weeknight dinner ready in 30 minutes!

10 min

HAZIRLIK

20 min

PIRME

30 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Primavera Makarna

Malzemeler

- 4 tbsp olive oil
- 1 onion
- 2 clove garlic
- 400 g egg free pasta
- 4 cup vegetable broth
- 400 g tomato
- 150 g broccoli
- 1 carrot
- 1 tbsp sea salt
- 150 g spinach
- 100 g pea
- 1 tsp black pepper

Yapılış

- Cook the pasta**

Bring a large pot of salted water to a rolling boil over high heat. Add 400g pasta and cook according to package directions until al dente, typically 8-10 minutes. Reserve 1 cup of the starchy pasta cooking water, then drain the pasta.
- Prepare the vegetables**

Heat 4 tablespoons olive oil in a large skillet or wide pan over medium-high heat until shimmering. Add 1 diced onion and cook for 3-4 minutes until soft and translucent.
- Add 2 minced garlic cloves and cook for 30 seconds until fragrant. Add 4 cups mixed vegetables (the harder ones like carrots and broccoli first) and cook for 2-3 minutes, stirring frequently.**
- Pour in ½ cup of the reserved pasta water and bring to a simmer. Cover and cook for 3-4 minutes until vegetables are crisp-tender but still bright in color.**
- Add 150g peas and 150g fresh spinach to the pan. Cook uncovered for 1-2 minutes, stirring gently, until spinach wilts and peas are heated through.**
- Combine and finish**

Add the drained pasta to the vegetable mixture and toss to combine. Add 1 tablespoon lemon juice, 100g grated Parmesan cheese, and 1

teaspoon black pepper.

- 7 Toss everything together for 1-2 minutes, adding more pasta water if needed to create a silky sauce that coats the pasta. Taste and adjust seasoning with salt and pepper.
- 8 Serve immediately in warmed bowls, topped with additional Parmesan cheese and fresh herbs if desired.

?puçlar?

Salt your pasta water generously – it should taste like seawater. This is your only chance to season the pasta itself and makes a significant difference in the final dish.

Reserve at least 1 cup of pasta cooking water before draining. The starchy water helps bind the sauce and creates a silky texture that coats the pasta and vegetables.

Cut all vegetables to similar sizes to ensure even cooking. Use a sharp knife and aim for uniform pieces that will cook at the same rate.

Don't overcook the vegetables – they should be crisp-tender with bright colors. Overcooked vegetables become mushy and lose their nutritional value.

Add vegetables to the pan in order of cooking time: hard vegetables like carrots first, then medium vegetables like broccoli, and finally quick-cooking items like peas and leafy greens.

Use freshly grated Parmesan cheese rather than pre-grated for the best flavor and texture. The fresh cheese melts better and creates a creamier sauce.

Taste and adjust seasoning at the end. Add more lemon juice for brightness, salt for flavor enhancement, or red pepper flakes for heat.

Serve immediately for the best texture and temperature. Have your serving bowls warmed and ready to go when the pasta is finished.