

DINNER

Fresh Egg Pasta

13 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
60 min	60 min	4	\$1.09	947 kcal

Fresh Egg Pasta could be just the lacto ovo vegetarian recipe you've been looking for. For \$1.09 per serving, this recipe covers 33% of your daily requirements of vitamins and minerals. This recipe serves 4. This main course has 947 calories, 30g of protein, and 38g of fat per serving.

Ingredients

- ☐ 4 extra large eggs
- ☐ 4 cups hot milk
- ☐ ½ teaspoon olive oil
- ☐ 1 stick unsalted butter
- ☐ 1 cup all-purpose flour
- ☐ ½ teaspoon freshly grated nutmeg
- ☐ 3½ cups unbleached all-purpose flour plus 1/2 cup

EQUIPMENT Cutting board

Method

- 1

Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs, oil and any other flavoring you choose. Using a fork, beat together the eggs, oil and flavorings and begin to incorporate the flour starting with the inner rim of the well. As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when 1/2 of the flour is incorporated.
- 2

Start kneading the dough with both hands, using the palms of your hands primarily. Once you
- 3

have a cohesive mass, remove the dough from the board and scrape up any left over crusty bits.

- 4 Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board when necessary. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature. Note: do not skip the kneading or resting portion of this recipe, they are essential for a light pasta.

Nutrition per serving

947	30 g	38 g	119 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			21.2 g · 132% of daily needs
Fibre			3.9 g · 15% of daily needs
Sugar			12.4 g · 14% of daily needs
Sodium			178 mg · 8% of daily needs
Cholesterol			298 mg · 99% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fresh-egg-pasta-142390