



Passover Pasta Primavera

READY IN



55 min.

SERVINGS



4

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound asparagus whole trimmed thinly sliced
- ☐ 2 large egg yolk
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup matzo meal
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated for serving
- ☐ 1 cup peas frozen
- ☐ 6 spring onion white green thinly sliced
- ☐ 3 tablespoons water

- ☐ 1 medium zucchini halved lengthwise thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ rolling pin
- ☐ colander

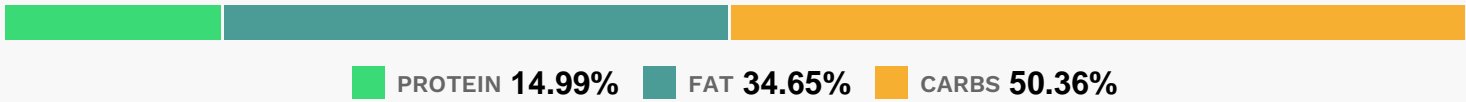
Directions

- ☐ Stir together matzo meal and 1/2 teaspoon salt in a bowl. Make a well in center and add eggs and yolk, then lightly beat eggs with a fork.
- ☐ Add water and oil and stir until dough just comes together. Knead dough 5 or 6 times. Form into a 5-inch square and put on a work surface dusted with potato starch, then dust dough with potato starch.
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, dust a large baking pan with some potato starch. Quarter dough.
- ☐ Roll out each piece on a surface dusted with potato starch until as thin as possible (1/16 inch thick) and about 10 by 8 inches, dusting rolling pin and surface of dough as needed. (If dough tears, patch it.) Using a pizza wheel or sharp knife, cut into long 1/2-inch-wide strips and transfer to pan in 1 layer along with any broken pieces of dough.
- ☐ Cook in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until just tender, 1 to 2 minutes. Reserve 1 cup cooking water, then drain pasta in a colander.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté asparagus, zucchini, peas (if using), white and pale green parts of scallions, and 1/2 teaspoon salt, stirring occasionally, until vegetables begin to soften, about 5 minutes.
- ☐ Add 1/2 cup reserved cooking water to vegetables and cook, shaking skillet occasionally, until vegetables are just tender, about 2 minutes. Stir in pasta and scallion greens until just coated with sauce.
- ☐ Remove from heat and stir in cheese and zest. Stir in more reserved water if desired.

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Serve with additional parmesan.

Nutrition Facts



Properties

Glycemic Index:37.58, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:19.462608638017%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 315.19kcal (15.76%), Fat: 12.3g (18.92%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 34.9g (12.69%), Sugar: 5g (5.56%), Cholesterol: 97.47mg (32.49%), Sodium: 148.06mg (6.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.95%), Vitamin K: 76.46µg (72.82%), Vitamin C: 30.48mg (36.94%), Selenium: 21.72µg (31.02%), Manganese: 0.59mg (29.38%), Vitamin B1: 0.36mg (24.23%), Folate: 95.33µg (23.83%), Vitamin A: 1171.32IU (23.43%), Phosphorus: 216.11mg (21.61%), Vitamin B2: 0.36mg (21.36%), Fiber: 5.32g (21.27%), Iron: 3.64mg (20.24%), Calcium: 158.73mg (15.87%), Vitamin B3: 3.02mg (15.08%), Vitamin B6: 0.28mg (14.11%), Vitamin E: 2.11mg (14.09%), Potassium: 437.55mg (12.5%), Copper: 0.24mg (12.22%), Magnesium: 45.35mg (11.34%), Zinc: 1.65mg (10.98%), Vitamin B5: 0.76mg (7.55%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.5µg (3.34%)