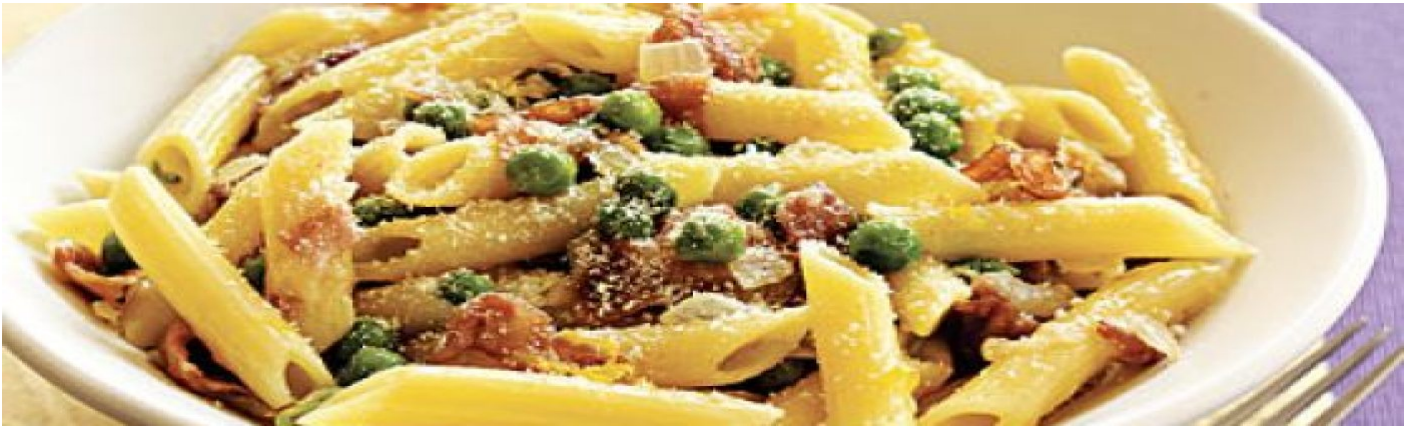


DINNER

Penne with Sweet Peas and Prosciutto

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	6	\$1.55	592 kcal



Penne with Sweet Peas and Prosciutto might be a good recipe to expand your main course recipe box. This recipe serves 6 and costs \$1.55 per serving. One serving contains 592 calories, 21g of protein, and 27g of fat. 1 person found this recipe to be flavorful and satisfying.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 1 teaspoon grated lemon peel
- ☐ 1 onion, chopped
- ☐ 10 oz package frozen peas, thawed
- ☐ 4 ounces thinly sliced prosciutto, halved lengthwise and cut into 1/2-inch strips
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 cup grated Parmesan, plus more for serving
- ☐ 1 pound penne pasta
- ☐ 6 tablespoons unsalted butter

EQUIPMENT Frying pan, Pot

Method

- 1 In a large pot of boiling salted water, cook pasta until al dente, about 12 minutes.
- 2 Drain thoroughly and return to pot. Toss pasta with oil to prevent sticking.
- 3 While pasta is cooking, heat 1 Tbsp. butter in a large nonstick skillet over medium heat.
- 4 Add onion and cook, stirring, until it's translucent, 5 minutes.
- 5 Add prosciutto and cook for 2 minutes.
- 6 Add peas and cook for 3 minutes.
- 7 Toss mixture with pasta in pot, along with remaining 5 Tbsp. butter, Parmesan, salt, pepper and lemon peel.
- 8 Heat through.
- 9 Serve pasta with more cheese if desired.

Nutrition per serving

592
KCAL

21 g
PROTEIN

27 g
FAT

66 g
CARBS

Saturated Fat	13 g · 81% of daily needs
Fibre	5.5 g · 22% of daily needs
Sugar	5.6 g · 6% of daily needs
Sodium	789 mg · 34% of daily needs
Cholesterol	53.9 mg · 18% of daily needs
Vitamin C	20.7 mg · 25% of daily needs

Adapted from myrecipes.com. Find this recipe, ratings and more ideas at whatsheate.com/penne-with-sweet-peas-and-prosciutto-144420