



Walnut and Pancetta Pansoti with Asparagus in Parmesan Broth

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups asparagus tips halved lengthwise (from 2 lb asparagus)
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 teaspoon marjoram dried crumbled
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1 large onion finely chopped
- ☐ 3 ounce pancetta italian lean finely chopped (unsmoked cured bacon; not) ()
- ☐ 2 inch rind from a wedge of parmigiano-reggiano

- ☐ 8 servings accompaniment: parmigiano-reggiano grated
- ☐ 24 squares soup noodles fresh (3 1/2-inch)
- ☐ 0.1 teaspoon pepper flakes dried red hot
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces walnuts finely chopped
- ☐ 2 cups water

Equipment

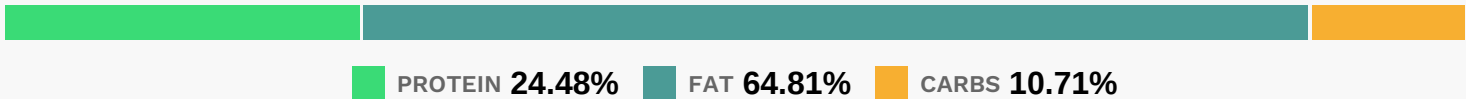
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Cook pancetta in oil in a large heavy skillet over moderately low heat, stirring frequently, until golden and fat is rendered, 10 to 12 minutes.
- ☐ Add onion and marjoram and cook, stirring occasionally, until onion is well browned, 10 to 15 minutes.
- ☐ Remove from heat and transfer half of mixture to a 2-quart saucepan and remaining half to a bowl. Stir walnuts, parsley, 1/8 teaspoon salt, and pepper into mixture in bowl. Cool filling.
- ☐ Add water, red pepper flakes, and cheese rind to pancetta mixture in saucepan and simmer briskly, uncovered, until reduced to about 1 cup, about 12 minutes.
- ☐ Pour through a fine sieve into a bowl and stir in remaining 1/8 teaspoon salt.

- ☐ Place 1 level teaspoon filling in center of 1 pasta square, keeping remaining squares covered tightly with plastic wrap. Moisten edges of pasta square with water and fold in half to form a triangle, pressing around filling to force out air (air pockets increase the chance of pansoti breaking during cooking) and then pressing edges to seal.
- ☐ Transfer to a dry kitchen towel. Make more pansoti in same manner.
- ☐ Cook asparagus tips in a small saucepan of salted boiling water until crisp-tender, about 2 minutes.
- ☐ Drain in a sieve and plunge into a bowl of ice and cold water to stop cooking.
- ☐ Drain and pat dry.
- ☐ Bring a 6-quart pot of salted water to a boil, then add pansoti and cook at a strong simmer, gently stirring once or twice, until tender, 3 to 5 minutes.
- ☐ While pansoti are boiling, cook asparagus tips in oil in a small skillet over low heat until heated through, 1 to 2 minutes.
- ☐ Heat sauce in a 12-inch skillet over moderate heat until hot.
- ☐ Transfer pansoti with a slotted spoon to sauce and cook over moderate heat, stirring gently, 1 minute.
- ☐ Transfer pansoti to plates with slotted spoon, then top with some sauce and sprinkle with asparagus tips.
- ☐ · Pansoti can be formed (but not cooked) 1 day ahead. Arrange in 1 layer in a kitchen-towel-lined shallow baking pan and tightly cover with plastic wrap, then chill. · If you don't have time to make fresh pasta, you can use wonton wrappers (thawed if frozen), but the flavor and texture won't be as good. · Sauce can be made 1 day ahead and cooled, uncovered, then chilled, covered. · Asparagus tips can be boiled and refreshed 1 day ahead and chilled in a sealed plastic bag along with a paper towel to absorb excess moisture. (Asparagus stalks can be used for a puréed soup.)

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:10.737391331921%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 244.59kcal (12.23%), Fat: 17.89g (27.52%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.26g (1.91%), Sugar: 1.72g (1.92%), Cholesterol: 31.36mg (10.45%), Sodium: 671.13mg (29.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.41%), Calcium: 407.73mg (40.77%), Phosphorus: 290.1mg (29.01%), Vitamin K: 28.17µg (26.83%), Manganese: 0.34mg (17.04%), Selenium: 10.5µg (14.99%), Vitamin A: 546.1IU (10.92%), Vitamin B2: 0.18mg (10.73%), Copper: 0.2mg (10.07%), Zinc: 1.46mg (9.76%), Vitamin B1: 0.13mg (8.86%), Magnesium: 34.86mg (8.71%), Folate: 32.7µg (8.17%), Vitamin B12: 0.45µg (7.56%), Vitamin B6: 0.15mg (7.3%), Iron: 1.28mg (7.11%), Fiber: 1.38g (5.54%), Vitamin C: 4.22mg (5.12%), Potassium: 172.91mg (4.94%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.55mg (3.65%), Vitamin B5: 0.36mg (3.6%), Vitamin D: 0.21µg (1.37%)