



Yuba Pappardelle with English Peas, Fava Leaves, and Basil

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups milk whole homemade (see Test-Kitchen Tips, below)
- ☐ 1 cup avarakkai / broad beans fresh loosely packed (see Test-Kitchen Tips, below)
- ☐ 0.5 cup basil fresh loosely packed (24 leaves)
- ☐ 6 ounces peas fresh english
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup vegetable stock homemade

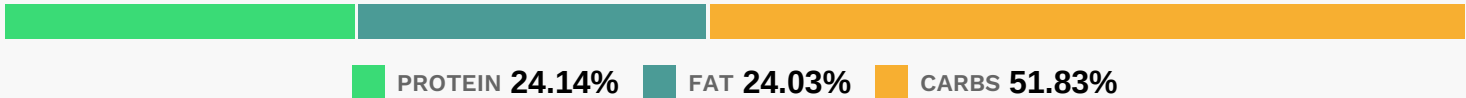
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ In 10-inch sauté pan over moderately high heat, bring vegetable stock and salt to boil.
- ☐ Add peas and simmer, uncovered, until bright green and almost tender, 1 to 2 minutes.
- ☐ Transfer peas and cooking liquid to blender and blend on high until very smooth, about 1 minute. Set aside. (Purée can be made ahead and refrigerated, tightly wrapped in plastic wrap, up to 12 hours. To maintain peas' vibrant green color, cool purée over ice bath before refrigerating.)
- ☐ In medium saucepan over moderate heat, stir together buttermilk, yuba, peas, and 1/4 teaspoon salt. Bring to simmer, then reduce heat to low, cover, and cook until peas are just tender, about 2 minutes. Stir in pea purée and fava leaves, cover, and cook until fava leaves are wilted, about 30 seconds.
- ☐ Remove from heat and stir in basil, remaining 1/4 teaspoon salt, and pepper.
- ☐ Serve immediately.
- ☐ •Yuba is available at many Asian markets. If you can't find it fresh or frozen, you can substitute dried—six sheets will be about one ounce. Soak the dried strips in warm water for ten minutes and then drain them well before adding to the buttermilk. •If you don't want to make your own buttermilk, you can substitute regular whole milk. Do not substitute commercially made buttermilk, which is cultured and has a sour flavor. •Fava leaves are the leaves of the plant that produces fava beans. They're generally available in markets in the spring. Other fresh spring greens, such as pea shoots or baby spinach, can be substituted.

Nutrition Facts



Properties

Glycemic Index:143.67, Glycemic Load:15.05, Inflammation Score:-9, Nutrition Score:25.159565303637%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 313.73kcal (15.69%), Fat: 8.53g (13.13%), Saturated Fat: 4.66g (29.13%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 31.82g (11.57%), Sugar: 18.62g (20.69%), Cholesterol: 29.28mg (9.76%), Sodium: 917.88mg (39.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.58%), Vitamin K: 49.6µg (47.24%), Phosphorus: 448.3mg (44.83%), Vitamin C: 35.35mg (42.85%), Manganese: 0.82mg (40.93%), Fiber: 9.6g (38.39%), Folate: 147.8µg (36.95%), Calcium: 364.07mg (36.41%), Vitamin B2: 0.53mg (31.16%), Vitamin A: 1501.66IU (30.03%), Vitamin B1: 0.45mg (29.84%), Magnesium: 98.18mg (24.54%), Potassium: 822.46mg (23.5%), Vitamin B12: 1.32µg (21.96%), Copper: 0.4mg (19.96%), Zinc: 2.97mg (19.78%), Vitamin B6: 0.36mg (18.19%), Vitamin D: 2.68µg (17.89%), Iron: 2.74mg (15.25%), Vitamin B3: 2.69mg (13.48%), Selenium: 8.41µg (12.01%), Vitamin B5: 1.15mg (11.48%), Vitamin E: 0.3mg (2%)