



Recipe provided courtesy of Sanitarium Health Food Company.

LEEK, PEA & LIME LINGUINE

Serves: 6

Preparation time: 8 minutes

Cooking time: 10 minutes

♥ Healthy&heartWise Wise Recipe

✓ Low GI estimate

Ingredients

- 450g dried linguine
- 1 tbsp olive oil
- 1 clove garlic, crushed
- 2 leeks finely sliced
- 3 limes, juice and zest
- 2 cups frozen minted peas
- 1 cup vegetable stock
- 1 small bunch fresh mint, roughly chopped

Method

1. Cook the linguine in plenty of salted, boiling water according to packet directions.
2. Cook peas according to packet instructions. Puree 1 cup of peas with ½ cup vegetable stock in a blender or food processor.
3. Heat oil in a frypan, sauté the leeks for 2-3 minutes, stirring occasionally, until they are tender. Add remaining vegetable stock, cook for a further 3 minutes, then add pea puree and remaining whole peas. Stir to combine. Remove from heat. Add lemon juice and mint. Drain pasta and toss through mix. Serve with extra mint for garnish.

Nutrition information	Per serve
Energy (16% DI)	1356kj
Fat	4g
Saturated fat	<1g
Carbohydrate	57g
Fibre	7g
Sodium	240mg