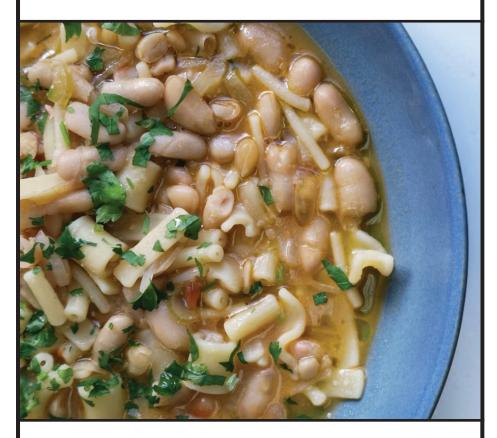


PASTA

PASTA E FASUL

pasta mista and cannellini beans the Neapolitan Way



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PASTA E FASUL

Serves 4

INGREDIENTS



Available at Mediterranean foods

- 2 x 425ml tins of cannellini beans
- 300g pasta mista De Cecco Artisan
- ½ tin whole peeled tomato Antica Napoli
- 2 tbsps De Cecco extra virgin olive oil
- 150g pancetta cut in strips
- ½ teaspoon of chilli flakes

- 100g 2cm cubed celery
- 3 cloves of garlic
- ¼ cup chopped Italian parsley

METHOD

- 1. In a large pot pour 2 tablespoons of extra virgin olive oil and add the garlic the pancetta, the chilli and the celery. Fry gently for 5 minutes.
- 2. Add the drained whole peeled tomato, cook for a couple of minutes, then add the drained and rinsed cannellini beans.
- 3. Add 6/7 cups of vegetable stock or just water and bring to the simmer and cook for 15 minutes.
- 4. Season with salt and add the pasta and the fresh parsley. Keep cooking and stirring until the pasta is 'al dente', making sure it doesn't stick to the bottom.
- 5. "Pasta e fasul" should be quite thick. Serve after 5 minutes rest with a drizzle of extra virgin olive oil on top.

Buon appetito!

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