

Foodnity Recipes

Pasta Primavera Recipe – Fresh Spring Pasta

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz penne or farfalle pasta
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup snap peas, trimmed
- [ ] 1 red bell pepper, sliced
- [ ] 1 zucchini, half-moon sliced
- [ ] Zest of 1 lemon
- [ ] 2 tbsp fresh basil, chopped
- [ ] 1/4 cup grated Parmesan cheese
- [ ] Salt and black pepper to taste

Optional Add-Ins

- [ ] ½ cup toasted pine nuts
- [ ] Grilled chicken or shrimp

Instructions

1. Bring a large pot of salted water to boil; add pasta and cook until al dente, about 9-10 minutes. Reserve 1 cup of pasta water, then drain.
2. While pasta cooks, heat olive oil in a large skillet over medium heat. Add minced garlic and sauté until fragrant, about 30 seconds.
3. Add cherry tomatoes, bell pepper, zucchini, and snap peas. Toss and cook, stirring occasionally, until vegetables are just tender but still crisp, about 4-5 minutes.
4. Stir in the cooked pasta, a splash of reserved pasta water, and lemon zest. Toss everything together until a light coating forms.
5. Remove from heat; fold in fresh basil, grated Parmesan, and season with salt and pepper. Serve immediately.

Nutrition per serving

420 kcal	12 g	58 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer sauce, drizzle a little extra-virgin olive oil just before serving.
- For a pop of color, add a handful of peas or sliced olives.
- Taste and adjust seasoning after adding the pasta water; it balances the flavors.