



# Spring Pea Linguine

**Serves 4 to 6 people**

## Ingredients

400g wholemeal linguine  
500g frozen peas  
250g sugar snap peas, trimmed  
250mL soy milk, regular  
20mL olive oil  
1 small red onion, chopped  
1 clove garlic, crushed  
 $\frac{3}{4}$  cup roughly chopped basil  
 $\frac{3}{4}$  cup roughly chopped mint  
60g baby spinach  
15mL lemon juice  
20g hazelnuts  
75g goats cheese (optional)

## Method

Cook linguine in a large saucepan of boiling water. Drain and keep warm, reserving  $\frac{3}{4}$  cup cooking liquid.

Blanch peas and sugar snap peas in boiling water then drain.

Place half the peas (not sugar snaps) in a food processor or blender with soy milk and blend in 10 seconds bursts until combined and roughly chopped. Set aside.

Heat oil in a large saucepan over medium heat. Add onion and cook until softened then add garlic and cook for another minute. Stir through blended pea mixture, simmer for a couple of minutes then toss through linguine; sugar snaps, remaining peas, herbs, baby spinach and lemon juice. Add reserved cooking liquid to loosen the sauce if necessary.

**Recipe courtesy of [tryfor5.org.au](http://tryfor5.org.au)**

