

## **Creamy veggie & mint pasta**

**Serves 4**

**Ready in:** 25 minutes

### **Ingredients**

400g(14oz) pasta (pasta shells are particularly suited to this dish)

145g(4½ oz) frozen peas

145g (4½ oz) broad beans, shelled

200ml (7fl oz) crème fraiche

300ml (10 fl oz) low salt vegetable stock

ground black pepper

30g pack fresh mint (leaves only), finely shredded

### **Method**

1. Boil the pasta in a large pan. Add the peas and beans (individually shelled if preferred) to the pan and simmer for around 2 mins.
2. Meanwhile put the crème fraiche and stock into a small pan. Place over a gentle heat for 5 mins, stirring occasionally and ensure it doesn't boil.
3. Season, take off the heat and stir in the mint leaves.
4. Drain the pasta and peas and return to the pan. Stir in the crème fraiche and serve immediately.

This is a quick, low cost meal and one serving counts as 1 of your 5 a day. Use wholemeal pasta to increase fibre.