

Garlic and lemon pasta with Microgreens

A pasta dish with great garlic-lemon flavor and fresh Microgreens

Servings 4

Ingredients

1 lbs spaghetti noodles, or zucchini noodles (zoodles)

1/2 cup olive oil extra virgin

2 tbsp butter

1 to 2 tbsp minced garlic

1 tbsp grated lemon peel

1/4 cup fresh lemon juice

1/4 cup chicken broth

2 tsp dried basil

1/4 tsp salt

1/8 tsp freshly ground pepper

1 cup microgreens

1/2 cup chopped fresh parsley

(Optional) add your choice of protein

Accompaniments: freshly grated Parmigiano-reggiano, sea salt, freshly ground pepper, squeeze of lemon

Instructions

Cook spaghetti noodles in a large pot of salted boiling water until al dente. Or prepare your zucchini noodles.

Meanwhile, in a small saucepan, heat oil and butter over medium-low heat. Stir in garlic, lemon peel, lemon juice, broth, basil, salt and pepper and raise heat to medium-high.

Bring to a gentle simmer, reduce heat and simmer for 3 minutes.

Drain pasta, return it to its cooking pot and immediately pour the heated sauce over it, along with the microgreens and parsley.

Use tongs to gently toss the pasta and sauce together.

Transfer pasta to a heated serving bowl.

Top with grated Parmigiano-reggiano, a light sprinkling of sea salt and freshly ground pepper and a squeeze of lemon juice.