

Wholemeal pasta with cream and lemon balm

INGREDIENTS for 3 people

250g wholemeal pasta
A small bunch of lemon balm leaves
150ml cooking cream
Whole milk
50g pine nuts
Salt, pepper and cinnamon (as you like)

PREPARATION

While cooking the wholemeal pasta, gently wash the lemon balm leaves and dry them with a cloth. Mince the lemon balm leaves and put them with cream, pine nuts, salt, pepper and a bit of cinnamon (as you like) in a high, narrow container. Blend the mixture with a hand blender. Add some tablespoons of milk if the mixture is too thick.

Once the pasta is cooked, drain it and put it in the pot again. Add the sauce and mix it well. Serve hot.

Attention: as soon as the pasta cools down, the sauce will turn from green to brown. You can simply warm it up again for a minute over high heat to restore the previous bright green.

Possible variation: instead of cooking cream you can use fresh ricotta cheese to get a creamier texture and a richer flavour.