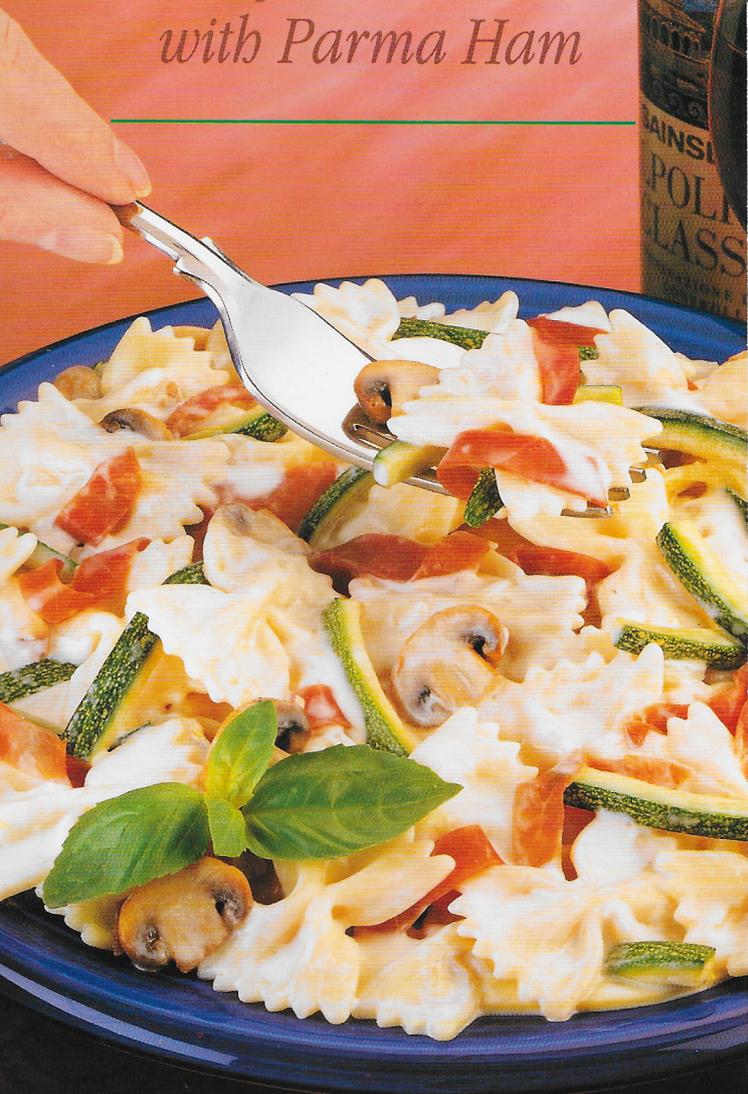


As seen
on TV

SAINSBURY'S

Recipe for

*Farfalle Pasta
with Parma Ham*



Sainsbury's.
Everyone's favourite
ingredient.

Simply take ...

250g (8oz) Italian farfalle pasta
25g (1oz) butter
2 shallots, finely chopped
125g (4oz) button mushrooms, halved
375g (12oz) courgettes, cut into 5cm (2 inch) thin strips
70g (2½oz) pack Italian Parma ham, cut into strips

1 x 200ml tub half fat crème fraîche
75g (3oz) freshly grated parmesan cheese
freshly ground black pepper
fresh basil leaves to garnish
Preparation Time: 10 minutes
Cooking Time: 12–15 minutes
Serves: 4

1. Cook the pasta in boiling water for 10 minutes until just tender.
 2. Meanwhile, melt the butter in a large frying pan and fry the shallots, mushrooms and courgettes, stirring occasionally, for 6–8 minutes.
 3. Stir in the Parma ham, crème fraîche, parmesan and freshly ground black pepper to taste.
 4. Drain the pasta and mix with the other ingredients in the pan. Heat through, transfer to a warmed serving dish and garnish with fresh basil.
- Serve immediately. Delicious served with ciabatta bread and a green salad.



There are lots of delicious alternative ingredients for this recipe:

- Any dried or fresh pasta may be used – follow the cooking instructions on pack.
- Use standard crème fraîche instead of half fat crème fraîche.
- Use salad onions, or small onions in place of shallots. Add 1–2 cloves garlic for extra flavour.
- Try using other hams such as prosciutto di speck or pancetta. Parma ham also available from the delicatessen counter.
- Dried parmesan or pecorino may be used instead of fresh parmesan.
- Substitute a diced red or green pepper, or small broccoli florets for the courgettes and mushrooms. Try using a 10g pack of dried Porcini mushrooms instead of fresh; follow the instructions on the pack.
- If desired, stir chopped basil leaves into the dish.

Wine Suggestion: Sainsbury's Valpolicella Classico 75cl

All products subject to availability. Some products available in larger stores only.

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