

Spring Pasta with Fava Beans and Peas



Celebrate the first sweet offerings of the warm growing season with Spring Pasta with Fava Beans and Peas.
Yield:

Serves 4 (serving size: about 1 3/4 cups)
Total time: 41 Minutes

Photo: Kang Kim; Styling: Jason Gledhill

Ingredients

1 1/2 cups shelled fava beans (about 1 3/4 pounds unshelled)
6 ounces uncooked campanelle or farfalle (bow tie pasta)
2 tablespoons extra-virgin olive oil, divided
6 center-cut bacon slices, cut into 1/2-inch pieces
1 1/2 cups sliced red onion
8 garlic cloves, sliced
3 ounces thinly sliced mushrooms
1 cup fresh shelled or frozen green peas, thawed
2 teaspoons fresh lemon juice
1/4 teaspoon kosher salt
1 1/2 ounces fresh pecorino Romano cheese (about 6 tablespoons), grated and divided
1/2 cup torn basil leaves

Preparation

1. Place fava beans in a large pot of boiling water; cook 1 minute. Drain; rinse with cold water. Drain well.

Remove tough outer skins from beans.

2. Cook pasta according to package directions, omitting salt and fat; drain.

3. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add bacon; sauté 3 minutes or until bacon begins to brown. Add onion and garlic; sauté 3 minutes or until vegetables are tender. Add mushrooms; sauté 3 minutes or until mushrooms begin to brown. Add fava beans and peas; sauté 2 minutes. Stir in remaining 1 tablespoon oil, pasta, juice, and salt; cook 2 minutes or until thoroughly heated.

Remove pan from heat. Stir in 3 tablespoons cheese. Divide pasta mixture evenly among 4 bowls, and top evenly with remaining 3 tablespoons cheese and basil. Serve immediately.