Creamy Pea Bowties

Grocery List

* 2 C Bowtie Pasta
* 2 Tbsp. unsalted Butter
* ¼ yellow Onion, diced
* 2 cloves Garlic, minced
* 1 ½ Tbsp. AP Flour
* ½ C low sodium Vegetable Stock
* ½ C 2% Milk
* ¼ C Whipping Cream
* ½ C frozen Peas
* ½ C fresh Snap Peas
* 1 Tbsp. chopped fresh Basil
* 2 Tbsp. grated Parmesan
* 1 Tsp. Black pepper ++
* 1 Tsp. Sea Salt ++

with Parmesan and fresh Basil

Prep Time: 10 Min

Cook Time: 25 Min

1. Get a large sauce pot out and bring 4L cold, salted water to a boil.
2. Bring a large frying pan to temperature on medium and start melting your butter. Add in the diced onion and minced garlic, give a pinch of salt and allow to fry 3 minutes until onions start to go translucent.
3. Add in the flour and stir to combine. Allow to bubble and continue cooking for 2 or 3 minutes stirring often and avoiding browning.
4. Pour in the stock, milk, heavy cream, salt, pepper, basil, and fresh / frozen peas. Cover and continue cooking on medium until pasta is finished.
5. Cook the bowtie pasta until al dente using package directions. (About 8 minutes), transfer to frying pan using straining spoon allowing some pasta water to be incorporated into the sauce. Sprinkle in your grated parmesan. Stir to combine and continue cooking on medium for 5 minutes. Cover and reduce to medium low for about another 5 or 6 minutes. Determine if consistency is appropriate and add boiling pasta water ¼ C at a time until desired consistency. Adjust seasoning as well to taste.
6. Remove and transfer to serving dish, serve immediately.