

Fusilli with Red Pepper, Yellow Bean pods & Ham

dinner > Fusilli with Red Pepper, Yellow Bean pods & Ham



Serves 3 and ready in approx. 20 minutes

Shopping LIST:

300g Fusilli (or any short dry pasta)

1 Red Pepper, 100g frozen Yellow Bean pods, 35g Ham, 1 garlic clove, ½ tsp of smoked paprika.

for seasoning: sea salt, freshly ground black pepper.

Garnish with fresh chopped parsley.

Method:

- Bring a large pan of salted water to the boil. Cook fusilli (or any short dry pasta) al dente as per the pack-instructions. Drain the fusilli but reserve about 75ml of cooking water as you'll need it for later.
- In the meantime slice in little cubes the ham & red pepper. Crash the garlic clove and chop it.
- Over a medium-high heat, place a frying-pan and heat 2 tbsp of Olive oil. Cook for 1-2 minute the ham and garlic. Add over ½ smoked paprika and stir. Add the 100g frozen yellow bean pods and cook for further 3 minutes with the lid on. Add the chopped red pepper and cook with the lid on for another 5 minutes. Add the reserved water from pasta (approx. 50-75ml) and cook for another 2-3 minutes, no lid this time, as we need to let some of the water to evaporate.
- Tip the cooked pasta into the frying-pan (with all the other ingredients) and stir.
- Season with sea salt and freshly ground black pepper.
- Serve in large plates. Garnish with freshly chopped parsley and a pinch of ground black pepper.



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"bon appétit"