

Fresh for Kids® broad bean & bacon pasta



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Ingredients:

- 500g broad beans, podded (about 200g shelled beans)
- 175g bacon rashers, trimmed and roughly chopped
- 1 tbs olive oil
- 2 medium carrots, peeled and finely chopped
- 2 sticks celery, finely chopped
- 300g packet dried 3-minute fusilli or penne pasta
- 375g jar tomato pasta sauce
- 1/2 cup grated parmesan cheese

HEALTH BENEFITS:

Broad beans

- The younger the broad bean, the higher its content of natural sugars and the more appealing it will be to kids.
- A very good source of vitamin C which the body needs for protection against infections.
- One of the highest sources of folate, a B complex vitamin that is important for heart health.

Method:

1. Cook podded broad beans in a small saucepan of boiling water for 2 minutes. Drain, rinse under cold running water and slip off outer skins on beans. Set prepared broad beans aside.
2. Place bacon into a large frying pan and cook, stirring often, over medium-high heat for 5 minutes or until crispy. Transfer to a plate lined with paper towel.
3. Add oil to pan and heat over medium heat. Add carrots and celery and cook, stirring occasionally, 5–6 minutes or until vegetables are just tender. Stir in pasta sauce and simmer over low heat for 5 minutes.
4. Meanwhile, cook pasta in a saucepan of boiling water following packet directions. Drain and add pasta to sauce. Add bacon and broad beans and toss gently to combine over low heat. Spoon into serving bowls, top with grated parmesan and serve.

Serves: 4–6 kids

Preparation: 30 minutes

Cooking: 18–20 minutes