

TAGLIATELLE WITH FIELD PEAS SAUCE AND COBURGER HAM



2 persons / 585 kcal per person

Ingredients:

- 125 grams tagliatelle
- ½ medium onion
- 200 grams of chestnut mushrooms
- ½ tablespoon of olive oil
- 220 grams of field peas
- ½ vegetable stock tablet
- 75 ml hot tap water
- 70 grams of coburger ham
- 2.5 ml cooking cream
- pepper and salt

Preparation:

Cook the tagliatelle according to the instructions on the package. Meanwhile, chop the onion and slice the mushrooms. Heat half the oil in a frying pan and fry the onion for 2 minutes. Then add the field peas and fry for another 2 minutes. Crumble the bouillon tablet on top and add the hot water. Bring to boil and boil for 2 minutes. Remove from the heat and stir in the cream. Puree with a stick blender until smooth. Heat the sauce for 3 minutes on low heat. Season with pepper and possibly salt. Meanwhile, heat the rest of the oil in another frying pan

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and fry the mushrooms over a high heat for 5 minutes. Meanwhile, cut the ham into strips. Spoon the tagliatelle through the sauce. Divide among plates and serve topped with ham and mushrooms.

Nutritional value per person:

Energy:	585 kcal
Protein:	55,3 grams
Carbohydrates:	84,9 grams
- including sugars:	22,5 grams
Fat:	12,5 grams
Fiber:	9,8 grams
Salt:	2.5 grams