

Burrata Fettuccine with Seasonal Vegetables



Celebrate the arrival of summer with this colourful, gourmet pasta dish bursting with freshness! The crunchy vegetables and creamy burrata come together to create a smooth sauce that perfectly coats the pasta. Created by a dietitian, this balanced vegetarian recipe is designed to be nutritious, simple, and flavourful. For a festive duo, pair it with our [mocktail with a summery touch](#).

Preparation 15 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 430

Fat 13

Carbohydrates 57

Fibre 8

Protein 22

Sodium 250

Ingredients

- 200 g Smart fettuccine (or legume pasta)
- Cooking spray
- 1 red onion, thinly sliced
- 1 to 2 garlic cloves, finely chopped

- 1 zucchini, sliced into rounds
- ½ package asparagus, trimmed and cut into 3 cm pieces
- 500 ml (2 cups) whole cherry tomatoes
- 250 ml (1 cup) frozen green peas
- Pepper and salt, to taste
- 1 burrata (about 250 g)

Garnish:

- 30 to 45 ml (2 to 3 tbsp) pistachios, coarsely chopped
- 10 ml (2 tsp) spicy honey
- A few fresh basil leaves

Preparation

1. In a large pot of boiling water, cook the fettuccine according to the package instructions until al dente. Reserve 125 ml (½ cup) of the pasta cooking water before draining.
2. While the pasta is cooking, spray olive oil in a large skillet over medium heat. Sauté the red onion for 3 minutes or until translucent.
3. Add the garlic, zucchini, asparagus, cherry tomatoes, and peas. Continue cooking for 4 to 5 minutes, stirring regularly. The vegetables should remain slightly crunchy.
4. Season to taste. Add 125 ml (½ cup) of the pasta cooking water.
5. Add the drained pasta directly to the skillet with the vegetables. Mix everything well over low heat.
6. Remove the skillet from the heat. Place the burrata on the hot pasta and cut it just before serving.
7. Generously garnish with fresh basil, pistachios, and spicy honey. Add a final grind of pepper, mix with the burrata, and serve immediately.

Notes

Keeps for 3 days in the refrigerator in an airtight container.

