

Orecchiette pasta with asparagus sauce *(Pasta & rice main dishes)*



Preparation

Clean the asparagus by removing the hard part of the stem, place in a steamer and cook for 15 minutes. Meanwhile, sauté the finely chopped shallot in some extra virgin olive oil. When the asparagus is ready, cut it into small pieces leaving the tips to one side. Add the remaining pieces of asparagus to the frying pan and sauté briefly. Pour the white wine into the pan and reduce. Season with salt and take off the heat. Mix the two grated cheeses together in a bowl. Bring the water to a boil and cook the orecchiette. Add a ladle of water from the pasta to the cheese and mix well so as to create a creamy sauce. Drain the orecchiette and toss in the pan with the asparagus, then transfer both to the bowl with the creamy cheese sauce and mix well. Garnish with the asparagus tips and serve.

Tips

When the asparagus season is in full swing you really should enjoy them as much as possible: they are a very good for your health because they are rich in amino acids, vitamins, have excellent diuretic and laxative effects and are good for the cardiovascular system.

Trivia

In Italy there are eight species of asparagus, including the well-known types (green), but also white asparagus, and wild asparagus. The name comes from the Persian 'asparag' Cimadolmo meaning 'shoot' or 'bud'.

Information

Preparation 30 minutes

Total Time 15 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Orecchiette 300 grams

Asparagus (300g of green asparagus)

Extra virgin olive oil

Shallots (One shallot)

Parmesan 30 grams (Grated)

Pecorino sheep's cheese 20 grams (Grated)

Salt

White wine