

# Leek or Garlic Scapes Pasta

This is a quick and easy recipe that highlights the deliciousness of fresh vegetables. The eggs go very well with the scapes and asparagus, so although an unusual combination with pasta, it really works! Add crispy bacon for even more flavour.

## *Ingredients for 3-4:*

3 leek or garlic scapes

1/2 bundle young asparagus

1 zucchini

1/4 bundle parsley

3-4 eggs

400 g egg noodles or penne

1 cup coconut milk

olive oil

salt and pepper

optional: **bacon**



**Look for bold ingredients at the market.**

## *Directions*

1. Cook pasta.
2. Meanwhile cut scapes into 3 cm pieces and fry in a pan in a bit of olive oil at medium heat. Cut asparagus in 3 cm pieces and slice the zucchini lengthwise. Chop the parsley.
3. When the scapes are al dente, add the asparagus and zucchini and cook for another few minutes. Turn heat to low and pour in the coconut milk and add the parsley.
4. Drain the pasta and put in a large bowl.
5. Season the vegetables and mix with the pasta.
6. Give the frying pan a quick rinse, turn heat to medium and fry the eggs. Alternatively, save the pasta water, add a tablespoon of vinegar, bring to a light simmer and poach the eggs for 2-4 minutes.
7. Add salt and pepper to taste and serve with the vegetables and pasta (and crispy bacon bits).