

Recipe Details

Recipe Name - Spinach Pasta

Recipe Steps -

Ingredients

- 150 g. spelt flour (About 1 1/2 cups) For gluten-free, use a gluten-free flour
- 150 g. semolina flour (About 1 cup) For gluten-free, use a gluten-free flour
- ½ tsp sea salt (optional, not needed)
- 4 oz. fresh spinach
- ¾ cup water

Instructions

- 1. Place spinach and water in a medium saucepan and bring to a quick boil to wilt the spinach for about 1 to 2 minutes
- 2. Place spinach and water into a blender or food processor, and blend until smooth
- 3. In the meantime, place flour of your choice (300 g worth) into a mixer or a bowl, along with a pinch of salt (if using)
- 4. Once spinach/water is blended, pour into the flour and incorporate well, kneading for 3 to 5 minutes. The dough will be a bit sticky, but don't worry; place it in a small bowl with a bit of flour on the bottom and sides
- 5. Let the dough rest for 30 minutes
- 6. Once the dough has rested, roll it out and cut it into the pasta of your choice. You can use a rolling pin, pasta machine, or whatever you have. You can use a pasta cutter or a knife, which also works. Make sure to add flour to the pasta as you roll it so it does not stick
- 7. Place finished pieces on a floured surface in a "nest" while you make the rest of the pasta. This recipe makes enough pasta for 3 to 4 people; you can double, triple, or quadruple to feed your family and guests
- 8. Boil the pasta in batches for 3 to 4 minutes max



