



## 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

