

Fettuccine with Asparagus and Ham

Printed from Asparagus Recipes at <http://www.asparagusrecipes.net/>

This rustic recipe takes you to old-world cuisine with a pasta that needs no thick jarred sauce. Oil-sautéed garlic, asparagus, and ham are all it takes to fill your bowl with flavor and comfort.

Ingredients:

1 pound asparagus, thick ends removed
1 pound fettuccine pasta (tagliatelle, linguine or spaghetti will also be fine)
¼ cup olive oil
2 cloves garlic, crushed
1/2 red chile, sliced into rings
8 very thin slices ham
½ teaspoon sea salt
½ teaspoon black pepper

Directions:

1. Bring a large pot of water to a boil. Add asparagus and cook until just tender, 2 minutes. Remove from water with a slotted spoon and set aside to drain. Slice into thin diagonal slices.
2. Add the pasta to the water and cook only until slightly soft, after 7 to 8 minutes.
3. Place the garlic, chile and olive oil in a skillet over medium low, and cook until garlic is golden. Add the ham and reserved asparagus, and cook until slightly browned, 3 to 5 minutes.
4. Add about 3 tablespoons of the pasta boiling water to the oil in the pan, stir in the cooked pasta and season to taste with salt and pepper. Serve immediately.