

Recipe: Farfalle pasta with 20% mealworms

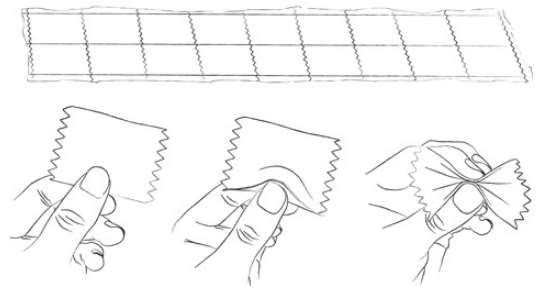
1. Ground the mealworm to flour in a mortar en mix with the semola flour.
2. Make a well in the middle and crack the eggs into it.
3. Whisk the eggs with a fork and start slowly combining the flour and the eggs.
4. Knead the pasta dough for a few minutes till its starts to firm up.
5. Place the dough in a bowl and cover it with plastic wrap. Let is rest for 30 minutes.
6. Divide the pasta in 4 equal pieces and start with one. Cover up the other three with a clean dishtowel to keep them from drying.
7. Place your pasta machine on the thickest setting and start feeding the pasta machine. Add some more flour when the dough is too sticky.
8. Tin the pasta gradually with the different settings of the pasta machine until the thinnest setting is completed.
9. Lay down the pasta on a clean dishtowel and cut with a pizza cutter the horizontal lines. Cut the vertical lines with a pasta cutter for fluted edges.
10. Take one piece of the cut pasta en start folding it into a butterfly shape and let it dry on a dish towel.
11. Cook the farfalle pasta a few minutes and serve with some fresh homemade pesto.

Ingredients

- 40 g mealworms
- 160 g semola flour
- 2 eggs
- homemade pesto

Time 40 minutes

Quantity 1 cup



www.lydekebosch.com