

# Little Hands, Big Pasta

## Green Pasta Dough

### The Ingredients

For 1 person

100 g (3.5 oz) or  $\frac{1}{4}$  +  $\frac{1}{4}$  cup of soft-wheat flour, 0-type

1 medium egg

1 tablespoon of cooked spinach puree

**Eggless 'egg' green dough.** If you want to make eggless 'egg' colored dough, replace the egg with 45 ml (1.5 fl oz) warm water and 15 g (0.5 oz) soy lecithin granules. Mix the 2 ingredients together and leave the mixture to rest for about 30 minutes. It will turn into a jelly-like texture. Add it to the flour and knead.

**Tip.** If you're using something wet to color your dough, like a spinach puree, you might need to add a little more flour than the recipe says.

### What to Do

**Flour mountain.** Pour your flour into a big bowl or onto a clean table. Make it into a mountain.

**Secret well.** With your fingers, dig a deep well in the middle of your flour mountain. This is where the egg and spinach puree will go. It's like making a nest for your egg friends!

**Crack.** Crack the egg and gently break it with a fork. Then add in the spinach puree. Mix it with a fork until it's all mixed together.

**Mix it up.** Add a bit of the flour to the egg and mix. Use your fork to swirl them together.



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**Let's get dirty.** When the egg and the flour have mixed enough, it's time to use your fingers! Add the rest of the flour to the egg mix and press down. It might feel a bit gooey and sticky, but that's all part of the fun!

**Dough time.** Once the egg and flour are all mixed up, it's time to make dough! Use your hands to knead it. Push it, squish it, and squash it with the palm of your hands until it feels smooth and happy. It's like giving your dough a good workout!

**Rest and relax.** Wrap your dough in some plastic wrap and let it take a cozy nap for about 30 minutes. Even dough gets tired after a good workout!

Now comes one of the most exciting parts – picking the pasta shape you want to create with your dough! So, what will it be?

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