

# Pasta al dente with sage, butter and pine nuts

Sage is the star of this easy but delicious pasta dish. Best served al dente, this pappardelle dish by Swedish chef Niklas Ekstedt comes with a simple sauce of butter, sage and pine nuts. Fuss-free and delicious, the recipe appears in new book *Happy Food For Life*, written by Niklas alongside journalist Henrik Ennart.

The follow-up to bestselling *Happy Food*, it once again focuses on how what we eat can affect how we feel, combining the latest research with health-boosting recipes.

“The research within that field has [moved on] so dramatically quickly and so many new things have come up. So we thought we would make an update and make it a little more modern,” Niklas explains.

“I think we need to highlight these things in a very positive way, in a very delicious way.”



Niklas Ekstedt, left, and Henrik Ennart

## INGREDIENTS

SERVES 3/4 PEOPLE

400g pappardelle, dried  
2 cloves of garlic  
3tbsp butter  
8-10 sage leaves, plus extra to garnish  
50g parmesan  
3tbsp pine nuts, toasted  
Black pepper for serving



## METHOD

1. Cook the pasta al dente, according to the instructions on the packaging. Drain and leave to steam thoroughly.
2. Thinly slice the garlic.
3. Brown the butter slightly and add the sage and garlic.
4. Add the pasta and mix thoroughly.
5. Serve with parmesan shavings, toasted pine nuts, extra finely sliced sage and freshly ground black pepper.