

# Spring Stinging Nettle Pasta with Vegan Parmesan

## Ingredients

½ lb. of pasta (I used fusilli)  
2.5 oz. fresh stinging nettles leaves and tips  
3 tbsp. olive oil  
3 cloves of garlic, minced  
1 onion, diced  
1 tsp. dried parsley  
½ tsp. dried thyme  
½ tsp. dried basil  
1/3 cup artichoke hearts, chopped  
½ cup vegan parmesan cheese, grated (I used [this one](#))  
Salt and pepper, to taste  
Optional: ½-1 cup violet flowers and/or leaves, garlic mustard flowers and/or leaves, or other edible wild flowers or leaves

## Steps

1. Bring a large pot of water to a boil, salt it, and add pasta. About 1 minute before your pasta is completely cooked, add the stinging nettles to the water.
2. While your pasta cooks, heat the oil in a large skillet to a medium heat. Add the garlic and onions, and allow to cook for around 5 minutes. If the garlic starts coloring quickly, turn down the heat. Stir in the spices.
3. Before draining the noodles and nettles, take ¼ cup of the pasta water and add to the skillet with the onions. Then drain the pasta and nettles and add to the saucepan, along with the artichoke hearts tossing to coat. Lower the heat and add the vegan parmesan, tossing again, until the cheese is melted and coating the noodles. Take the noodles off the heat and garnish with edible flowers.

