

Spinach & walnut pesto pasta

(Serves 1)

Ingredients

- 75g Pasta, Penne, dried, wholewheat
- 15g Walnut pieces
- 30g Basil, fresh
- 2 Garlic cloves, crushed separately
- 1 tbsp Olive oil, extra virgin
- Pinch Black pepper
- Pinch Salt, reduced sodium
- 1 tsp Oil, olive, napolini
- 1 medium Pepper, red, deseeded & chopped
- 80g Spinach leaves

Preparation

1. Boil a pan of water & cook pasta according to packet instructions. Drain well.
2. While pasta is cooking, put walnuts, basil, 1 of the garlic cloves, the 1 tbsp of extra virgin oil, black pepper & salt into a food processor.
3. Process to a coarse pesto.
4. Heat the 1 tsp Olive oil in a frying pan.
5. Fry the red pepper & other garlic clove for 2-3 minutes.
6. Add spinach & cook until wilted. Turn off heat.
7. Stir in the pasta & pesto.
8. Serve immediately.

TOP TIP: Cooking the red pepper for just a couple of minutes keeps the crunch which is nice against the softness of the pasta & spinach.

NUTRITIONAL VALUES

PER SERVING

Calories 597

Total Sugars 7.78g

Total Fats 30.28g

Saturated Fats 4.01g

Salt 0.38g

Fruit & Veg 3