

Farfelle with spinach & walnut pesto

(Serves 1)

Ingredients

- 60g Farfelle Pasta
- 10g Walnuts
- 30g Basil, fresh
- 1 Garlic clove, crushed
- 1/2 tbsp Oil, Olive, extra virgin
- Pinch Black pepper
- Pinch Salt, reduced sodium
- Pinch Parmesan, grated
- 1/2 Lemon, juice of
- 80g Spinach leaves, baby
- 80g Tomatoes, cherry, whole

Preparation

1. Boil a pan of water & cook pasta according to packet instructions. Drain well.
2. While pasta is cooking, put walnuts, basil, garlic clove, oil, black pepper, salt, parmesan, lemon juice & spinach into a food processor.
3. Process to a coarse pesto.
4. Add pesto to pasta & mix thoroughly.
5. Grill tomatoes.
6. Warm through pasta & spinach.
7. Put pasta in a dish. Add tomatoes. Serve immediately.

TOP TIP: You can use any pasta with this dish which is a great lunch when you want something warm & quick.

NUTRITIONAL VALUES

PER SERVING

Calories 401

Total Sugars 6.16g

Total Fats 16.68g

Saturated Fats 2.45g

Salt 0.81g

Fruit & Veg 2