



ZUCCHINI PESTO PASTA

Serves 4 | Serves of Veg 3 | 0:15 Prep | 0:20 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	375 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2180 kJ	581 kJ
Protein	24.4 g	6.5 g
Fat, total	27.9 g	7.4 g
- saturated	8.6 g	2.3 g
Carbohydrate	38.8 g	10.4 g
- sugars	7.4 g	2 g
Sodium	633 mg	169 mg

SHOPPING LIST



Fusilli Pasta



Garlic Powder



Light Cooking Cream



Balsamic Vinegar



Grated Parmesan



Mixed Leaves



Chilli Flakes (Optional)



Zucchini



Mixed Dried Herbs



Basil Pesto



extra virgin Olive Oil



Apple



Almonds



Diced Bacon (Optional)

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Ingredients

- 2 zucchini
- 200g fusilli (spiral pasta)
- 2 tsp garlic powder
- 2 tsp mixed dried herbs
- 100ml light cooking cream
- 100g diced bacon (optional)
- 3 tbsp basil pesto
- 1 tsp chilli flakes (optional)
- $\frac{2}{3}$ cup grated parmesan cheese
- Salt & pepper

For Salad

- 1 large green apple
- 1 handful almonds
- 200g mixed salad leaves
- 1 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil

Recipe Steps

1. Bring a medium saucepan to the boil with a handful of salt.
2. Thinly slice **zucchini** into half-moons, cut **apple** into thin slices & chop up **almonds** roughly
3. Cook **fusilli pasta** in the boiling water until 'al dente', about 11 minutes. Reserve **$\frac{1}{2}$ cup of pasta water**, drain & return cooked pasta to the saucepan. Add a drizzle of olive oil & toss to prevent sticking.
4. Optional Bacon; While the pasta is cooking, heat a large frying pan over high heat. Cook the **diced bacon**, breaking it up with a spoon, until golden, about 3 minutes. Transfer to a bowl.
5. Return the pan to medium-high heat with a small drizzle of **olive oil**. Add **zucchini** & cook until softened, about 4-5 minutes.
6. Reduce the heat to medium, add **light cooking cream**, garlic powder & mixed dried herbs (& **optional bacon**). Cook until slightly reduced, 1-2 minutes. Season with **salt & pepper**.
7. Remove from heat, fold in **basil pesto** & **cooked fusilli pasta**. If the pasta looks dry, add a little pasta water.
8. For the salad, combine the **mixed salad leaves, sliced apple, almonds, balsamic vinegar & extra virgin olive oil**. Toss to combine.
9. Serve with **grated Parmesan cheese** & optional pinch of chilli flakes. Serve with salad.