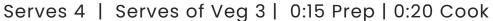
ZUCCHINI PESTO PASTA







NUTRITION PANEL

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

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SHOPPING LIST



Zucchini





CREAM Light Cooking Cream



Basil Pesto

Extra virgin Olive Oil











(Optional)



Diced Bacon (Optional)



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)
- 3/3 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 ½ **cup of pasta water**, drain & return cooked pasta to the saucepan. Add a drizzle of olive oil & toss to prevent sticking.
- 4. <u>Optional Bacon</u>; 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.
- 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.