



VEGETABLE, CHILI & SPINACH PASTA

In the mood for a nutritious and hearty dish for dinner? This pasta is full vegetables and is bound to hit the spot.

 10 minutes

 20 minutes

 4 portions

INGREDIENTS

- 2 tablespoons oil, coconut or olive, (27 g)
- 4 cups shells of pasta, whole-wheat, cooked (420 g) **or** 420 grams of brown Rice Penne (San Remo) Gluten free
- 400 grams of mushrooms, white, chopped
- 2 cloves of garlic, minced (6 g)
- 2 hot chili, red, diced (90 g)
- 6 cups of baby spinach, raw (180 g)
- juice of 1 lemon (6 g)
- 1 cup, grated of cheese, parmesan, (100 g) **or** 100 grams of bio Cheese (Vegan) **or** 2 tbs of nutritional yeast (36 g)
- 1 head of broccoli, cut into florets (608 g)
- 2 large zucchini, includes skin, chopped (323 g)
- 1 Can of diced Tomatoes (400 g)

COOKING METHOD

- 1° Bring a large pot of salted water to the boil and add the pasta. Cook for 8 minutes (or as per packet directions). Drain.
- 2° Meanwhile, add oil to a large frying pan. Add mushrooms, zucchini and broccoli and cook for about 3 minutes or until browning. Add garlic, chilli and diced tomato. Cook for 2 minutes or until fragrant and mushrooms have softened. Season with salt and pepper.
- 3° Stir through spinach and Parmesan. Remove from heat.
- 4° Add lemon juice and pasta. Toss to coat well.
- 5° Note Gluten free and Paleo option: Replace pasta with Brown rice penne or with zucchini noodles.
- 6° Vegan option: Omit Parmesan cheese. Sprinkle with nutritional yeast flakes if you like.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (715 g)	% DRI
ENERGY	77 kcal	547 kcal	27 %
FAT	2 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	0 g	4 g	18 %
CHOLESTEROL	1 mg	7 mg	2 %
SODIUM	42 mg	298 mg	12 %
CARBOHYDRATE	12 g	85 g	28 %
SUGARS	1 g	11 g	—
FIBER	1 g	10 g	41 %
PROTEIN	3 g	24 g	—