

PASTA WITH SPICY TOMATO SAUCE



2 persons / 407 kcal per person

Ingredients:

- 130 grams of fusilli half whole wheat
- 200 grams of Tasty Tom vine tomatoes
- 200 grams of diced tomatoes with basil and oregano
- 1 red pepper
- 1 clove of garlic
- 2 teaspoons Italian herbs
- 2 spring onions
- 100 grams slices of grilled ham
- 5 grams of watercress
- 20 grams of parmigiano reggiano flakes
- pepper and salt

Preparation:

Cook the pasta in plenty of boiling water for 10 minutes until al dente. Cut the tomatoes into pieces. Cut the stem from the red pepper. Halve the pepper lengthwise and remove the seeds with a sharp knife. Finely chop the pepper. Mix the tomato and red pepper (to taste) in a pan and squeeze the garlic over it. Add the Italian herbs and season with salt and pepper.

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Cook the tomato mixture until the tomato pieces are soft over medium heat. In the meantime, cut the spring onions into rings. Cut the ham into strips of approximately 2 cm wide. Puree the tomato mass with a hand blender into a smooth sauce. Add the spring onions and ham and let the sauce warm uncovered for another 1-2 minutes over medium heat. Drain the pasta and spoon into deep plates. Divide the tomato sauce over it. Divide the watercress and pamigiano flakes over it

Nutritional value per person:

Energy:	407 kcal
Protein:	24.5 grams
Carbohydrates:	53.0 grams
- including sugars:	8.8 grams
Fat:	9.1 grams
Fiber:	5.7 grams
Salt:	1.2 grams