

PASTA PESTO WITH SHRIMP

2 persons / 597 kcal per portion

Ingredients:

- 140 grams spaghetti
- ½ tablespoon oil
- 200 grams shrimps
- 1 cloves of garlic
- 60 grams fresh green pesto
- 10 'romaatjes' tomatoes
- 40 grams Parrano flakes



Preparation:

Cook the spaghetti according to the instructions on the package. Cut the tomatoes into wedges. Cut half of the shrimps into small pieces so that they can be easily distributed throughout the dish. Heat the oil and fry the shrimps with the clove of garlic for 2 minutes. Add the tomatoes to the shrimps and fry them for 2 minutes. Divide the pesto through the spaghetti and spoon the shrimps and tomatoes through it. Garnish with the Parrano flakes.

Nutritional value per portion:

Energy:	597 kcal
Protein:	64.2 grams
Carbohydrates:	110.0 grams
- including sugars:	12.0 grams
Fat:	53.5 grams
Fiber:	6.9 grams
Salt:	5.2 grams