

# PASTA WITH SPINACH & MINCED MEAT

2 persons / 454 kcal per person

## Ingredients:

- 2 chicken bratwurst
- 1 teaspoon of Italian herbs
- 130 grams of pasta e.g. farfalle
- 400 grams of fresh spinach
- 1 clove of garlic
- 1 vine tomato
- pepper and salt



## Preparation:

Cut a piece off each bratwurst and press the meat out. Fry this meat loosely in a dry non-stick frying pan and add halfway through the Italian spices. Cook the pasta according to package directions. Heat a wok and stir-fry the spinach, start with a little and add something when the previous spinach has shrunk a bit. Repeat until all the spinach has run out. Drain the moisture from the spinach. Squeeze the garlic over the spinach. Season well with salt and pepper. Cut the tomato into small cubes. Stir the cooked pasta into the spinach and add the tomato cubes last. Divide the pasta between plates and spoon the fried sausage meat on top.

## Nutritional value per portion:

Energy:	454 kcal
Protein:	27.1 grams
Carbohydrates:	53.3 grams
- including sugars:	4.1 grams
Fat:	13.0 grams
Fiber:	7.0 grams
Salt:	1.8 grams