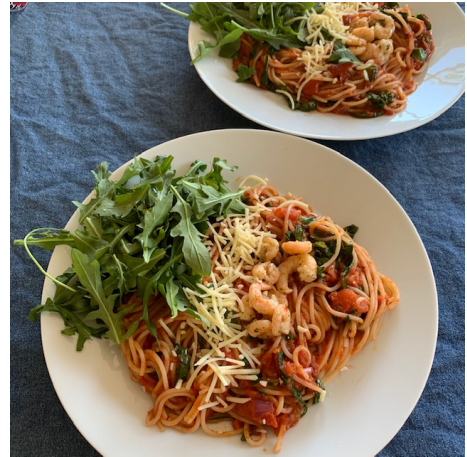


PASTA WITH RED PESTO, SHRIMP AND ROCKET

2 persons / 482 kcal per serving

Ingredients:

- 150 grams spaghetti
- 85 grams rocket
- 80 grams shrimps in garlic marinade
- 400 grams tomato cubes
- 5 teaspoon red pesto
- 1 red onion
- 1 clove of garlic
- 1 teaspoon Italian herbs
- 1 tablespoon oil
- pepper and salt
- 30 grams Parrano cheese



Preparation:

Peel and finely chop the onion and garlic. Heat the oil in a frying pan and fry the onion in a glass for 3-5 minutes. Also add the garlic in the last minute. Add the tomato cubes, red pesto and Italian herbs and simmer for 5 minutes. Meanwhile, boil the pasta in boiling water with salt according to the instructions on the package. Add half of the rocket to the sauce and stir until the arugula shrinks. Heat a pan without oil and heat the shrimps in 2 minutes. Taste the sauce and season with salt and pepper if necessary, adding more red pesto if desired. Drain the pasta and add to the sauce. Divide among the plates and also divide the rest of the rocket over it. Spoon the shrimp on the dish and pour the oil from that pan over the arugula. Serve with the Parrano cheese.

Nutritional value per portion:

Energy:	482 kcal
Protein:	17.0 grams
Carbohydrates:	51.1 grams
- including sugars:	11.2 grams
Fat:	22.0 grams
Fiber:	5.4 grams
Salt:	1.3 grams