

WELL-FILLED VEGETARIAN SALAD

2 persons / 574 kcal per serving

Ingredients:

- 150 grams salad pasta penne Grand'Italia
- 1 zucchini
- 1 bag HAK Italian salad enricher
- 250 grams cherry tomatoes
- 50 grams Parrano cheese
- 20 grams pine nuts
- 85 grams arugula
- 2 tablespoons of basil leaves
- ½ tablespoon oil
- pepper and salt



Preparation:

Cook the pasta according to the package, drain and rinse with cold water. Cut the zucchini into slices. Coat them with a little oil and grill them in a grill pan or contact grill. Briefly toast the pine nuts in a dry frying pan. Leave to cool with the zucchini and pine nuts. Cut the tomatoes in half. Wash the arugula and chop the basil. Mix all prepared ingredients together, spoon in the cheese and salad enricher and season with salt and pepper.

Nutritional value per portion:

Energy:	574 kcal
Protein:	25.6 grams
Carbohydrates:	74.6 grams
- including sugars:	16.7 grams
Fat:	17.3 grams
Fiber:	10.1 grams
Salt:	2.1 grams