

PASTA PESTO WITH VEGA GRILLED PIECES AND TOMATO

2 persons / 581 kcal per person

Ingredients

- 130 grams of whole grain penne
- 250 grams of cherry tomatoes
- 45 grams of arugula
- 50 grams of green pesto
- 175 grams of grilled pieces (Garden Gourmet)
- 50 grams of grated cheese spicy 45+
- pepper and salt



Preparation:

Cook the pasta al dente according to the instructions on the package. Drain and collect 50 ml of cooking liquid (per 2 persons). Meanwhile, heat the grilled pieces in the airfryer for 6 minutes at 160 ° C (not preheated, or otherwise according to the packaging description). Halve the tomatoes and roughly chop the arugula. Mix the pesto, grilled pieces, cheese and the cooking liquid through the pasta. Add the tomato and arugula and season with salt and pepper.

Nutritional value per person:

Energy:	581 kcal
Protein:	37.7 grams
Carbohydrates:	37.5 grams
- including sugars:	8.0 grams
Fat:	28.6 grams
Fiber:	12.2 grams
Salt:	3.4 grams