



## Quick & Healthy Pesto Penne



### Details

Serves :	4
Total Preparation Time :	Up to 15 minutes.
Region :	Italian
Gluten Free:	No
Vegetarian:	Yes
Dairy Free:	No
White Meat Only:	Yes
No Seafood:	Yes

### Nutritional details per serve

Calories:	300
<b>Fat:</b>	10.0
Protein:	25.5
Carbohydrates:	26.8
Fibre	1.1

### Instructions :

1. Cook pasta for 15 minutes in salted water or until al dente
2. While pasta cooks, place garlic, mozzarella, spinach leaves and a pinch of salt and cracked pepper in a food processor until well-combined.
3. When pasta is cooked, drain and reserve ½ cup of the cooking water.
4. Replace pasta into pot and put back on stove.
5. Mix pesto through the pasta and add a bit of pasta water as needed to achieve desired sauce consistency. (sauce should not be runny, but more of a creamy consistency)
6. Fold 1 tbsp mozzarella and serve.

Quantity	Ingredients	Suggested Brand
4 pinch	black pepper	Average, all brands
200 g	baby spinach leaves	Average, all brands
240 g	mozzarella, light, shredded	Perfect Italiano
4 pinch	sea salt (optional)	Average, all brands
2 tsp	garlic, minced	average all brands
320 g	pasta, fresh, conchiglie, penne, fusilli (wholemeal)	Average, all brands