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Recipes

Pea, Pesto and Parmesan Pasta

Serves 4 portions

Ingredients

350g of dried pasta

2 tbsps of green pesto

200g Petit Pois peas (frozen)

25g Parmesan cheese (grated)

Pinch salt & pepper to season

Method

1. Bring a saucepan of water to the boil and add the pasta, bring the water to a simmer
2. After 2 minutes, add the Petit Pois peas to the pan and simmer for a further 2 mins, before removing from the heat and draining.
3. Add 2 tablespoons of green pesto and half of the parmesan cheese to the pasta and peas and mix together
4. Serve into 4 bowls and add the rest of the grated parmesan cheese as a topping
5. Add salt and pepper to season

Nutritional Content	Per portion	Per 100g	Traffic Light colour
Energy (kcal)	470		x
Carbohydrate (g)	70		x
Sugars (g)	4.5	1.3	Green
Fat (g)	15	4.3	Amber
Saturated fat (g)	3.5	1	Green
Salt (g)	1	0.3	Amber