



KCAL:
545

CARB:
69g

PRO:
20g

FAT:
21g

Pesto pasta builder

High carb Lunch



By Adam Lloyd

Pesto pasta builder, perfect for different occasions where you can add protein and vegetables to suit time and needs

Prep: 20 min

Cook: 10 min

Fresh: 2 days

Beginner

Ingredients for 1 Portion(s)

5 single Cherry tomatoes

80 g Pasta, macaroni, white, dried

50 g Sweet Red Peppers

5 cube (1 cm) Feta cheese

40 g Spinach Leaves

2 Tsp Green pesto

15 g Tesco Pitted Black Olives

Method

Cook pasta as per packaging description

When cooked stir in pesto sauce

Add chopped black olives and chopped red peppers

Grate the cheese on top and put under the grill (if time)

Add side salad (spinach leaves and cherry tomatoes)