



Primavera Pasta



Categoria



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Intermediate



Com quem?
By yourself



Nº de pessoas
1 pessoa

Ingredientes



To taste: Victor Guedes
Olive Oil

- 125g wholewheat fusili pasta
- 40g of carrots
- 40g of zucchini
- 40g of mushrooms
- Salt, to taste
- Ground pepper, to taste

Modo de preparação

1

Cook the pasta in water with a dash of olive oil and salt.

2

Cut the vegetables in thin stripes and season with salt and pepper to taste.

3

Cook the vegetables in strong heat with olive oil so they don't stick to the bottom of the pan.

4

Mix the vegetables with the pasta and add extra oil to finish.

5

To change the flavour, the pasta may also be served with spinach sauce. To prepare it, bring 100ml of low-fat cream to the boil, add 100g of spinach leaves and let it boil for 2 minutes. Blend everything in a blender and add salt and pepper to taste.

Produtos utilizados



Olive Oil
Olive Oil



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