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## Cavolo Nero & Pesto Pasta

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Serves 4

Preparation time: 5 minutes

Cooking time: 10 minutes

- 300g pasta shapes
- 300g cavolo nero, shredded
- 4 tbsp pesto sauce
- 100g sun dried tomatoes, drained
- 50g Parmesan cheese, grated

### Method:

Cook the pasta in boiling water according to instructions. Drain and return to the pan.

Meanwhile, steam the cavolo nero for 5 minutes. Stir the pesto sauce, tomatoes, and half the Parmesan into the pasta and finally stir in the cavolo nero.

Transfer to a serving dish and sprinkle over the remaining Parmesan to serve.

### Nutritional information:

- 490kcal
- 15g protein
- 19g fat (of which 3g saturated fat)
- 61g carbohydrate (of which 4.5g sugars)
- 0.3g salt
- 4g fibre