

PESTO PASTA WITH TUNA & ALMONDS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
512 kcal
16g Fats
69g Carbs
24g Protein



GF DF
Q N



WHAT YOU NEED

- 10.5 oz. (300g) gluten-free fusilli
- 14 o. (400g) green beans
- 8.4 oz. (240g) tuna in water, drained (2 tins)
- 1 oz. (30g) roasted almonds, chopped
- 4.5 oz. (130g) green pesto

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the package.

In the meantime, halve the beans and also cook for about 5 minutes, then drain.

Meanwhile, let the tuna drain and chop the almonds coarsely.

Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with the almonds to serve.

Season with pepper and serve

BALANCED
NUTRITION

