



# Spinach spaghetti with carob pesto

10'  
Hands on

10'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Method

- In a pot with boiling water add salt, the spaghetti, and boil according to the packet's instructions.
- Place a frying pan over low heat. Add the parmesan and make sure to spread it over the whole surface of the pan. Add the chili flakes and allow 2-3 minutes for the parmesan to melt.
- Remove from the heat and set it aside to cool and set.

### For the pesto sauce

- In a blender, add the spinach and beat to mash it.
- Add the olive oil, the garlic, the almonds, beat until the ingredients are homogenized.
- Add the carob honey, the parmesan, and beat well.
- Transfer to a bowl, drain the spaghetti, and transfer them straight into the bowl with the pesto. Mix well.
- Serve with the parmesan, the chili flakes, the almonds, the lemon zest, olive oil, and basil.

## Ingredients

- 400 g spaghetti
- 30 g parmesan cheese
- salt
- 1 pinch chili flakes

### For the pesto sauce

- 100 g spinach
- 40 g olive oil
- 1/2 clove(s) of garlic
- 50 g almonds
- 100 g carob honey
- 50 g parmesan cheese

### To serve

- chili flakes
- almond slivers
- lemon zest
- olive oil
- basil

## Διατροφικός πίνακας

### Nutrition information per portion

464 Calories (kcal)	16.0 Total Fat (g)	4.1 Saturated Fat (g)	62.0 Total Carbs (g)
23%	23%	21%	24%
12.0 Sugars (g)	16.0 Protein (g)	3.0 Fibre (g)	0.36 Sodium (g)
13%	32%	12%	6%