



Creamy spinach pasta

40'
Hands on

5'
Cook Time

4
Portion(s)

3
Difficulty



Method

- In a food processor add the spinach, the basil, and process until they are very finely chopped.
- Add the flour, the olive oil, salt, pepper, and process for 3-4 minutes until the ingredients are homogenized. The mixture will look like wet sand.
- Knead well with your hands, so to bind the mixture and create a thick dough.
- **Cut** the dough into 4 pieces and shape each piece into a thin strip, 1 cm in diameter.
- Cut each strip into 3-4 cm pieces. Press each piece with your fingers and roll it.
- Follow the same process for the whole dough. Transfer the pasta to a **pot** with boiling salted water.
- As soon as it rises to the surface, boil for 2-3 minutes and remove with a slotted spoon.

For the sauce

- Place a **frying pan** over medium heat and add the heavy cream, the garlic finely chopped, pepper, and let it simmer for 1-2 minutes.
- Remove from the heat and add the pasta. Transfer on heat until it comes to a boil and the sauce binds with the pasta.
- Remove from the heat and add the parmesan. Mix and serve with parmesan, cherry tomatoes, rocket, cashews, and pepper.

Ingredients

- 200 g baby spinach
- 1 tablespoon(s) basil
- 300 g hard flour
- 2 tablespoon(s) olive oil
- salt
- pepper

For the sauce

- 200 g heavy cream 35%
- 1 clove(s) of garlic
- pepper
- 50 g parmesan cheese

To serve

- parmesan cheese
- cherry tomatoes
- rocket
- cashews
- pepper

Διατροφικός πίνακας

Nutrition information per portion

552 Calories (kcal)	29.0 Total Fat (g)	15.0 Saturated Fat (g)	56.0 Total Carbs (g)
28%	41%	75%	22%
2.0 Sugars (g)	16.0 Protein (g)	3.0 Fibre (g)	0.86 Sodium (g)
2%	32%	12%	14%