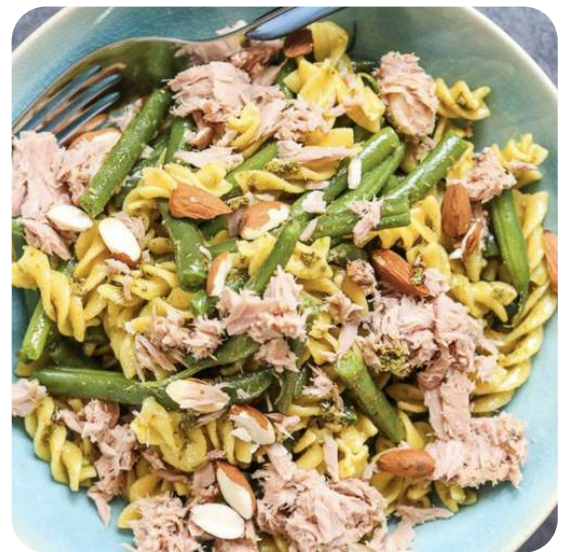


Pesto Pasta With Tuna & Almonds

Ingredients

- ✓ 10.5 oz. (300g) gluten-free fusilli
- ✓ 14 oz. (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



Procedure

1. Cook the pasta according to the instructions on the package.
2. In the meantime, halve the green beans and cook in boiling water for about 5 minutes, then drain.
3. Meanwhile, let the tuna drain and chop the almonds coarsely.
4. Drain the pasta and mix with the pesto and green Beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with almonds to serve. Season with pepper.

Serves 4

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	512	16	69	24