

Pasta Primavera

Pasta primavera

20 min

Easy

410 kcal per serving

Dinner

Lunch

Vegetarian

Kids



Ingredients

FOR ONE SERVING

Whole wheat pasta (<i>Pâtes complètes</i>)	120 g
Zucchini (<i>Courgette</i>)	1
Cherry tomatoes (<i>Tomates cerises</i>)	150 g
Parmesan cheese (<i>Parmesan</i>)	30 g
Olive oil (<i>Huile d'olive</i>)	2 tbsp
Basil (<i>Basilic</i>)	10 leaves
Garlic (<i>Ail</i>)	2 cloves

Nutrition facts

PER SERVING

Calories	410
Protein	14 g
Carbohydrates	58 g
Fat	14 g
Fiber	6 g

Preparation

- 1 Bring a pot of salted water to a boil and cook the whole wheat pasta until just tender. Drain, reserving a little cooking water.
- 2 While the pasta cooks, slice the zucchini, halve the cherry tomatoes, mince the garlic, and tear the basil leaves.
- 3 Heat the olive oil in a large skillet over medium heat. Add the garlic and cook briefly until fragrant.
- 4 Add the zucchini to the skillet with a pinch of salt and cook until it starts to soften.
- 5 Add the cherry tomatoes and cook until they begin to burst and make a light sauce.
- 6 Add the drained pasta to the skillet along with a splash of the reserved pasta water. Toss everything together until coated.

- 7 Remove from the heat, stir in the basil, and finish with the Parmesan cheese and a little black pepper before serving.

GOOD TO KNOW

Save a little pasta water so the sauce clings nicely to the noodles.