



## Primavera Pasta



Categoria



Tempo de preparação  
Rápido



Dificuldade  
Fácil



Custo  
Intermediate



Com quem?  
By yourself



Nº de pessoas  
1 pessoa

### Ingredientes



To taste: Victor Guedes  
Olive Oil

- 125g wholewheat fusili pasta
- 40g of carrots
- 40g of zucchini
- 40g of mushrooms
- Salt, to taste
- Ground pepper, to taste

### Modo de preparação

1

Cook the pasta in water with a dash of olive oil and salt.

2

Cut the vegetables in thin stripes and season with salt and pepper to taste.

3

Cook the vegetables in strong heat with olive oil so they don't stick to the bottom of the pan.

4

Mix the vegetables with the pasta and add extra oil to finish.

5

To change the flavour, the pasta may also be served with spinach sauce. To prepare it, bring 100ml of low-fat cream to the boil, add 100g of spinach leaves and let it boil for 2 minutes. Blend everything in a blender and add salt and pepper to taste.

### Produtos utilizados



Olive Oil  
Olive Oil



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