



HEALTHYFOOD
STUDIO

GINGER AND SMOKED PAPRIKA PASTA WITH *cremezola feta*

INGREDIENTS

150g | Organic whole-wheat fusilli cooked al dente

FOR THE SAUCE

1	Medium onion diced
10g	Garlic and ginger crushed
1 tin	Tomato purée
2	Fresh tomato diced
½ cup	Grated carrots
1	Fresh date chopped
80g	Baby spinach
100g	Fresh peas
	Smoked paprika, salt and black pepper to taste

METHOD

- 01** Sauté the onions and grated carrots until tender, add dates, paprika, ginger and garlic and mix well.
- 02** Add the tomato and purée and cook for 5 - 8 minutes.
- 03** Season with salt and pepper.
- 04** Place pasta in bowl and toss with a bit of olive oil.
- 05** Top the fresh spinach with both sauces and crumb a little cremezola feta cheese on top.

Tip: add stir-fried chicken strips for a balanced meal.

