

Pesto Pasta With Tuna & Almonds

Serves 4

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

What you need to do

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.



GF	DF	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	512	16	69	24

*Nutrition per serving

