



PAULANER 0,0%
presents



My favourite fitness meal

JOSHUA KIMMICH

DELICIOUS SPINACH PASTA

Ingredients

100 g *spaghetti*
200 ml *vegetable stock*
200 g *fresh leaf spinach*
100 ml *vegan cream*
1/2 *avocado*
1/2 *lime*
1 *garlic clove*
Cocktail tomatoes
Pine nuts
Pepper, salt
Nutmeg
Turmeric

Method

- 1.) Place spaghetti in boiling water.
- 2.) Roast the pine nuts without any oil.
- 3.) Heat up the vegetable stock in a pan.
- 4.) Add the fresh leaf spinach to the pan.
- 5.) Grate the garlic over the spinach.
- 6.) Halve the cocktail tomatoes and add to the pan.
- 7.) Grate the nutmeg over the spinach and add a pinch of turmeric.
- 8.) Cut the avocado into small cubes.
- 9.) Drain the pasta and add to the pan.
- 10.) Add the cream and bring to the boil.
- 11.) Grate parmesan over the cooked pasta.
- 12.) Add the avocado & pine nuts.
- 13.) Squeeze the lime for freshness over the pasta.

