

**Recipe Name:** Spirulina and Mint Basil Pesto Pasta Recipe

**Diet Type:**

**Course:** Lunch

**Cuisine:** Italian Recipes

**Quantity:**



## Ingredients

| Ingredient                                | Quantity |
|-------------------------------------------|----------|
| • 1 cup Basil leaves                      | 4        |
| • 1/2 cup Mint Leaves (Pudina)            |          |
| • 1 tablespoon Spirulina                  |          |
| • 1/2 cup Badam (Almond) - blanched       |          |
| • 4 cloves Garlic                         |          |
| • 1/2 cup Tofu                            |          |
| • 1 teaspoon Black pepper powder          |          |
| • 2 teaspoon Salt                         |          |
| • 1/4 cup Extra Virgin Olive Oil          |          |
| • 1 cup Pasta                             |          |
| • 4 cloves Garlic - chopped               |          |
| • 1 cup Green zucchini - diced            |          |
| • 1 Yellow Bell Pepper (Capsicum) - diced |          |
| • 1 Tomato - diced                        |          |
| • 1 teaspoon Red Chilli flakes            |          |
| • 1 teaspoon Dried oregano                |          |
| • Salt - to taste                         |          |

## Preparation

- We begin making the Spirulina and Mint Basil Pesto Pasta Recipe by first making the pesto.
- For that wash the herbs and put all the ingredients in a blender and blend it into a coarse mixture.
- Once done keep it aside.
- Next is to boil the pasta, for that hea.

## Macronutrients

|                 |             |           |         |           |           |
|-----------------|-------------|-----------|---------|-----------|-----------|
| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|



420

15

60

20

4

5

