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Because the first Wealth, is Health!

Pancetta & Mushroom Pasta



Ingredients:

225 g (dry weight) pasta shapes

4 x 15g slices pancetta, cut into strips

1 clove garlic, crushed

2 baby courgettes, finely diced

1 x 400g can chopped tomatoes

1 vegetable stock cube

1 small red onion, finely chopped

225 g chestnut mushrooms, sliced

Pinch of cayenne pepper

2 tablespoons chopped fresh chives

1. Cook the pasta in a large saucepan of boiling water with the stock cube.
2. Heat a non-stick pan and dry-fry the pancetta, onion and garlic until soft.
3. Add the mushrooms and courgettes and continue cooking for 2-3 minutes. Add the remaining ingredients and simmer gently for 5-6 minutes.
4. Drain the pasta thoroughly, arrange on warmed plates and pour the sauce over the top. Garnish with the chives.

Serves 4. 268 calories per serving. 3.8 g fat per serving.

Preparation time: 10 minutes. Cooking time: 25 minutes.

Run your own weight loss challenge

**** Agents Needed! ****