



# Green Pasta

*If you like greens – this is the dish for you.*

*Avocado-Spinach Pesto Pasta, topped with mushrooms and pine nuts. The Italian lust of eating. A spectacle for eye and tongue.*

*It'll boost your energy as healthy as it is.*

*The young spinach is the secret to the seductive green colour of the pesto.*

*The recipe will serve 3-4 persons.*

## Ingredients

500 g long pasta (spaghetti, linguine, tagliatelle, fettuccini etc.)

2 avocados

250 g mushrooms

300 g baby spinach

1 onion

3 cloves of garlic

herb salt

black pepper

cayenne pepper

4 tablespoons pine nuts

½ lemon (the juice)

olive oil

## Instructions

- wash the spinach and steam it soft for a few minutes; spice with salt and pepper
- roast the pine nuts
- spoon out 1 (out of the 2) avocado and mix it with the lemon juice, the steamed spinach, herb salt, pepper, cayenne pepper and 2 tablespoons of the roasted pine nuts, and 1 tablespoon of olive oil in a food blender to a homogeneous pesto
- crush the garlic and mix it with the pesto (if you mix the garlic in the blender it tends to become bitter, that's why I prefer to do it afterwards; it is also easier to digest this way)
- dice the onion, slice the mushrooms and fry it in a pan until soft
- peel the second avocado and dice it
- cook the pasta al dente
- mix the warm pasta with the green pesto, serve it on plates and top it with avocado dices, mushrooms and the second half of the pine nuts