

Spinach and Cheese Pasta

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Serves 4 | Prep time: 10 min | Cooking time: 10 min



Spinach and Cheese Pasta

THE COMBINATION OF SPINACH, WENSLEYDALE CHEESE AND PINE NUTS IS FANTASTIC. PLUS, THIS PASTA COULD NOT BE EASIER TO MAKE!

INGREDIENTS

180g dried pasta
250g baby spinach
50g fresh basil leaves
1 clove of garlic
50g pine nuts
50g Wensleydale cheese
½ slice of stale bread
3 tbsp olive oil
2g salt
1g pepper

METHOD

1. Cook the pasta in a large pan of boiling water for 9-10 minutes.
2. While the pasta is cooking, put all the other ingredients into a food processor and blend together to make the pesto.
3. Drain the cooked pasta under some cold water, return to the pan and stir in the pesto.
4. Leave to cool.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

394kcal | 12.2g protein | 36g carbohydrate of which 2.5g sugars | 23g fat of which 4.6g saturates | 3.5g dietary fibre | 288mg sodium equivalent to 0.7g salt | 190mg calcium | 258mg phosphorus | 0.1µg vitamin B₁₂

