

Root Vegetable Pasta with Pesto

FOR HEALTHIER BALANCE

This pasta makes for a super quick and easy lunch or dinner, especially if you've already prepared the pesto. The wholemeal pasta adds fibre to keep you full longer, while the walnuts and pesto provide extra protein, and the vegetables offer a boost of vitamins. It's also a great option for lunch on the go, as it can be enjoyed hot or cold.



2 SERVINGS



INGREDIENTS

- 150g **pasta**
- ½ **red onion**
- 80g **mushrooms**
- 1 **pepper** (red/yellow/green)
- 1 tablespoon **vegetable oil**
- **Pepper**
- 30g **walnuts** (do not add in for soft food option)
- 2 tablespoons **homemade pesto**

Practical tip: This could be made in bulk (multiply recipe up) so you can then grab it and take it for lunch if you are going to an appointment, class or work.



ella dawson
FOUNDATION

helping young adults
live **well** with cancer

All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into a healthy, balanced diet during and after cancer treatment. However, it is essential to consult with your medical team for personalised advice tailored to your specific treatment pathway.

Root Vegetable Pasta with Pesto

FOR HEALTHIER BALANCE

This pasta makes for a super quick and easy lunch or dinner, especially if you've already prepared the pesto. The wholemeal pasta adds fibre to keep you full longer, while the walnuts and pesto provide extra protein, and the vegetables offer a boost of vitamins. It's also a great option for lunch on the go, as it can be enjoyed hot or cold.

METHOD

- 1)Pre-heat the oven to 180 °c.
- 2)Chop the vegetables up into big pieces, place in roasting tin and cover with the vegetable oil and pepper and mix well.
- 3)Put into the oven and cook for 10 minutes
- 4)After 10 minutes add in the walnuts and start the cooking the pasta - return to oven for a further 10-15 minutes.
- 5)Put the pasta in a pan of boiling water and cook for 12-15minutes or as per packet instructions
- 6)Drain the pasta and remove vegetables from the oven when they are done
- 7)Mix the vegetables into the pasta
- 8)Add two tablespoons of the homemade pesto into the pasta and mix together.

NUTRITIONAL INFORMATION PER PORTION

ENERGY: 608 KCAL **FATS:** 32.8g **PROTEIN:** 17.2g **CARBOHYDRATES:** 65.2g **OF WHICH SUGAR** 2.4g **FIBRE:** 7.8g

www.elladawsonfoundation.org.uk



ella dawson
FOUNDATION

helping young adults
live **well** with cancer



Ella Dawson Foundation



Ella Dawson Foundation



@EllaDawsonFoun1



@elladawsonfoundation