

EPISODE 3 - A RECIPE TO ENHANCE RECOVERY

VEGETABLE PASTA BAKE

Ingredients: NEED TO ADD
QUANTITIES

Pumpkin

Sweet Potato

Spinach

Zucchini

Carrot

Optional: Chicken / legumes / tofu
(personal preference)

Pasta

Pesto Sauce

Method

1. Add water and a tsp of salt to a pot and bring to boil. While waiting for the water to boil, dice up the vegetables. Add preferred amount of pasta to the boiled water.

2. Cook previously cut vegetables in a pan with italian herbs and oil over low heat until they soften or are cooked to your liking

3. cook chicken/legumes/ tofu to your preference ad add into the vegetables pan.

*Cooking suggestion * - poached chicken breast sliced into strips, pan fried tofu*

3. Add pesto into the pan with the veggies and combine

4. Add in cooked pasta together put in ovenproof dish and add cheese onto the top

5. Put in oven for 15 minutes until cheese melts and turns golden brown

