

Burrata Linguini



Serves	Prep Time	Cooking	Total Time	Calories
4 people				495 kcal

Stuff that's in it:

- 1 Ball Fresh Burrata
- 300G Dry Linguini
- 20G Fresh Basil Leaves (Chopped Finely)
- 1 Can Good Quality Tomatoes
- 30G Shelled Hemp Seeds
- 1 Tsp Balsamic Vinegar
- 3 Cloves Garlic (Peeled And Finely Chopped)
- 1 Fresh Red Chilli (Finely Chopped)

What you do:

Cook your linguini as per the packet instructions (best done aldente, cool and drain.

In a large pan, add your oil, then heat and add the garlic and chilli and cook for a few minutes. Add the tomatoes and spinach then add the pasta and balsamic, season well and heat through then add the burrata, pull apart and mix through well, add to a large bowl or individual bowls and sprinkle with hemp seeds. Serve straight away.

Nutrition

- Carbs: 66g

- Fat: 16g
- Protein: 18g

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