

Speedy Turkey & Tomato Penne Pasta

🕒 2 servings

546 Kcal / serving

33g Protein 18g Fat 65g Carbs

Ingredients

- 150g - **Wholewheat penne pasta**
- 4 (100g) - **Turkey rashers**
- 1 - **Garlic clove**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 400g - **Passata (Italian sieved tomatoes)**
- 30g - **Baby spinach leaves**
- Small (5g) - **Handful fresh basil leaves**
- 40g - **Freshly grated Parmesan**
- 2 teaspoons p(10g) - **Pumpkin seeds**
- **Freshly ground black pepper**



The Method

Bring a large pan of water to the boil. Tip in the penne and give it one stir, then simmer for 10-12 minutes or according to packet instructions until just tender.

Cut the turkey rashers into small pieces. Peel and crush the garlic.

Heat a large non-stick frying pan over a medium to high heat. Add the oil and then tip in the turkey rashers and garlic. Sauté for 2-3 minutes until lightly golden. Pour in the passata and season with pepper. Bring to a simmer, then reduce the heat and simmer for another minute or two, adding a little of the pasta water if you think the sauce needs it.

Drain the penne and tip into the turkey and tomato sauce with the spinach and tear in the basil. Gently mix until the spinach has wilted.

Divide the turkey and tomato penne into bowls and scatter over the Parmesan and pumpkin seeds to serve.

🌱 Suitable for vegetarians if a plant-based alternative is used instead of turkey rashers