

heute gibt es...

Avocado-Tomato-Pasta



Ingredients: (For 2 people)

- 180g fusilli (or any other type of pasta)
- 1 ripe avocado
- 6 Basilikumblätter
- 3 cloves of garlic
- 2 tomatoes
- 1 small chilli
- 50ml Milch
- 2 1/2 EL Olivenöl
- Salt and pepper

Preparation:

1. Cook the pasta in salted water until al dente.
2. In the meantime, halve the avocado, remove the seeds, dissolve out the flesh with a spoon and place in a bowl. If desired, some of the avocado can be done to decorate the plate.
3. Basil leaves, two cloves pressed garlic and 1 tablespoon olive oil to avocado to give strong season with salt and pepper and puree with a hand blender.
4. Core the tomatoes and cut into cubes, the chilli finely into rings.
5. The remaining olive oil in a frying pan, heat briefly, a pressed clove of garlic, diced tomatoes and added the chili and saute over medium heat.
6. The avocado puree and the milk and cook mix well.
7. The fully cooked noodles are then added to the pan, under stirred and served hot. If you have Avocado set aside for decorating, remember this ☐



