

heute gibt es...

Pasta with beetroot



Ingredients(3 portions)

- 300g Pasta
- 1 clove garlic
- 1 EL Walnusskerne
- 2 EL Olivenöl
- 200g beetroot (pre-cooked, vacuum packed)
- 5 leaves fresh Basilikum
- Salt

Preparation:

1. bring to a boil in a pot of salted water and cook the pasta is al dente. Meanwhile, prepare the sauce.
2. Peel the garlic clove and zusammendücken with the palm. give along with a tablespoon of oil and coarsely chopped nuts in a saucepan and fry for 1 minute over medium heat ..
3. In parallel, dice the beetroot with the basil leaves also give into the pot and stir everything for 3 minutes over high flame.
4. Afterwards puree with a hand blender all fine, add another tablespoon of olive oil and season the sauce with salt.
5. Once the pasta is al dente this strain and taking care to collect a little pasta water. Add the pasta to the sauce and mix in all good until the sauce evenly distributed and the noodles are colored. If you the
All seem a bit dry, add a small amount of pasta water.

Important tips and information:

- Of course, fresh for this dish beetroot can be used. These must first be cooked, however, which is much larger in time.
- Nuts can also be replaced by pine nuts, almonds or hazelnuts, for example.
- Who does not like garlic or can not tolerate, can replace it by half a small onion.
- When pasta is here both long pasta like spaghetti, and short pastas like fusilli are.