

Pastas

TAGLIATELLE AVOCADO



- 450 g Wholemeal tagliatelle noodles
(Half wholemeal and half spinach)
- 4 Avocados, diced
- 8 Cloves garlic, crushed
- 1 Cup fresh basil, chopped
(or 3 teaspoons dried basil)
- 80 g Butter
- ½ Cup chopped parsley
- Freshly ground pepper
- Salt to taste
- Optional: Grated Parmesan cheese

Cook noodles as directed.

Drain and set aside.

Melt butter in large saucepan, adding garlic and basil.

Sauté 5 minutes.

Add cooked noodles, avocado, parsley and seasoning and toss gently until all ingredients are heated through - not boiled.

To serve, sprinkle on cheese if desired.
