

# Chorizo, Pine Nut and Spinach Spaghetti



## Serves 2 - Nutrition Per Serving

500kcal

18g protein

55g carbohydrates

20g fat

5g saturated fat

4g fibre

1g salt

Our Nutritionist says:

“Everyone should aim to eat a protein of nuts and dark green leafy veg daily because of their health giving nutrients. Along with these, lemon provides load of antioxidants to fix cell damage caused by endurance training so don't hold back on these ingredients. Olive oil also supports a healthy heart and if you want to reduce the saturated fat content even further, replace chorizo for seasoned chicken.”

*Joel Enoch, Sports Nutritionist*

[www.joelenoch.co.uk](http://www.joelenoch.co.uk)

## Ingredients

40g chorizo

Zest of and juice of half a lemon

Pinch of sea salt

1 tbsp virgin olive oil

150g spaghetti

25g pine nuts

125g baby leaf spinach

1. Bring a large pan of water to the boil, adding a small pinch of sea salt. Cook the pasta as per packet instruction (reduce by 1 minute for a more authentic al dente Italian style.)
2. Zest half the lemon and chop finely; mix with juice from half the lemon and stir in olive oil.
3. Chop the chorizo or bacon into small bite-size pieces.
4. Four minutes before the pasta is ready heat a frying pan gently and add the chorizo or bacon to the dry pan – no need for extra oil.
5. As the meat begins to cook toss in the pine nuts to toast. Keep everything moving as pine nuts tend to 'catch' and burn.
6. When the pasta is ready put the baby leaf spinach in a colander (keeping a handful of leafs back for serving) and drain the pasta through it to wilt.
7. Return the pasta and spinach to the pan, tip in the chorizo/bacon and pine nuts and mix together with the lemon and oil until the pasta is coated.
8. Serve with the remaining handful of baby leaf spinach on top of the dish.

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