


# HEALTHY BEAN PASTA

 2  
serving

 Prep: 15 mins  Cook 30 mins



## INGREDIENTS

90g Wholemeal spirals  
1 tbsp Olive oil  
½ medium Zucchini, cubed  
4 cloves Garlic, minced  
1 can Chopped canned tomatoes, no added salt  
1 can Red kidney beans, drained  
½ cup Black olives, sliced  
½ tsp Salt, lower sodium

## METHODS

1. Boil pasta per package instructions, drain and rinse with cold water. Set aside
2. In a saucepan, heat oil over medium heat. Fry 2 cloves garlic for 2 mins.
3. Add in canned tomatoes and ¼ tsp salt. Simmer for 10 mins.
4. In a frying pan, heat oil over medium heat. Add in 2 cloves garlic and fry for 2-3 mins.
5. Add in zucchinis and ¼ tsp salt, fry for 2-3 mins.
6. Add in kidney beans and olives and stir for 1 min.
7. Stir in the pasta for 1 min before adding in sauce.
8. Mix well, garnish and enjoy.

## OPTIONAL

Parmesan cheese as garnish

Tip: Add in some water if sauce is too thick



MEATLESS  
S  
MONDAY



< 500 KCAL  
DISHES



WHOLEGRAIN  
WEDNESDAY

## Nutrition Information (per serving)

Energy 253kcal, Carbohydrate 30.8g, Protein 9.7g, Fats 8.8g, Saturated Fats 1.4g, Polyunsaturated Fats 1.1g, Monounsaturated Fats 5.3g, Cholesterol 0mg, Dietary Fibre 7.4g, Sodium 521.3mg, Potassium 611.7mg, Phosphate 188.2mg

