

Recipe

WALNUT-LEMON- PASTA



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w i t h C a l i f o r n i a n W a l n u t s

Recipe: **CALIFORNIA WALNUT COMMISSION**

INGREDIENTS

60 g Californian walnuts, chopped
1 organic lemon
30 g butter
10 g sage
5 tbsp cream
Salt and pepper
50 g parmesan
2 tbsp sunflower seeds
300 g pasta of your choice

ROUGH NUTRITIONAL FACTS PER SERVING:

Energy 557 kcal

Protein 18 g

Carbohydrates 56 g

Fat 28,1 g

Of which

saturated fats 10,9 g

unsaturated fats 17,19 g



TIME

Preparation
time: 20 minutes



SERVING

4 people



CATEGORY

Main course



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STEP 1 Cook the pasta al dente according to package instructions.

STEP 2 Meanwhile, chop the walnuts and grate the parmesan.

STEP 3 Wash the lemon with hot water. Grate the zest into a small bowl and juice the lemon.

STEP 4 Melt the butter in a saucepan and lightly toast the walnuts and sunflower seeds. Add sage and after a further 2 minutes, add the cream. Stir, add the lemon juice and zest. Season with salt and pepper. If needed, loosen with a little pasta water.

STEP 5 Add pasta to sauce and mix well. Arrange on plates and serve with grated parmesan.