

# SCHÄR

## FUSILLI WITH BELL PEPPER AND THYME

Ingredients: 160 g **Schär gluten-free Fusilli**, 2 spring onions, 1 red bell pepper à 200 g, 100 g courgettes, 1 /2 bunch of fresh thyme, 100 g fresh ricotta, 50 ml milk, oil, salt and pepper as required.

Preparation: Clean the spring onions. Trim off and discard only the tips of green leaves and then chop finely. Dice the bell pepper and then cut the courgettes into slightly larger cubes. Sauté the spring onions in 2-3 tbsps of oil for 10 minutes over a low flame. Add the diced peppers and courgettes and the salt and then cook over a low heat for 10 minutes. Remove the thyme leaves from stalk and blend them with the ricotta, milk, ground pepper and salt, until a smooth mixture is formed. Add the mixture to the vegetables and then cook everything together for another minute. Cook the **Schar Fusilli** until "al dente", combine with the vegetable mix, stir well and serve.

Nutritional/ 100g

protein 4,5 g fat 2 g carbohydrates 20,3 g Kcal 116 Kj 490