



## *Farfalle with zucchini mint pesto and avocado cream*

### *Method*

- 1 Bring water to boil, add salt and Meliora farfalle. Wait 10-12 minutes.
- 2 Meanwhile, cut zucchini into small pieces. Brown in a previously heated pan with a drizzle of oil. Add salt and pepper. Cook 5 minutes.
- 3 Clean the avocado and blend it with juice of ½ lemon, oil, salt and pepper, to a creamy sauce.
- 4 Mixed the mint leaves with the cooked zucchini (leave a few pieces of cooked zucchini aside), grated Parmigiano cheese, extra virgin olive oil, pine nuts, salt and pepper to a cream pesto.
- 5 Drain the pasta and season with zucchini pesto and zucchini pieces. Complete with the cream of avocado and pine nuts.

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Ingredients for two people:

- 14 oz Meliora Farfalle (1.75 cups)
- 2 zucchini
- 1 avocado
- 1.70 z fresh mint (2 tbsp)
- 0.710 z Parmigiano cheese (1.5 tbsp)
- 0,35 oz of pine nuts (2 tbsp)
- 1 lemon
- salt
- pepper
- extra virgin olive oil

**MELIORA**  
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