Balsamic veggie pasta



Consejo del chef

Serve with a sprig of thyme or other herbs you like.

Raciones para 2

- ❏ **250 gr** Whole-wheat pasta
- ❏ **100 gr** Broccoli
- ❏ **1** Bunch of wild asparagus
- ❏ **1** Red pepper
- ❏ **1** Red onion
- ❏ **1/2** Courgette
- ❏ Salt to taste
- ❏ For the balsamic sauce:
- ❏ **3** Tablespoons of balsamic vinegar
- ❏ Half lime juice
- ❏ **2** Tablespoons of extra virgin olive oil
- ❏ **1** Teaspoon of agave syrup
- ❏ **1** Dash of soy sauce

1. Prepare the sauce by mixing all the ingredients. Set it aside.
2. Cook the pasta in a pot until it is al dente. Meanwhile, place the steamer above and cook the broccoli.
3. In a skillet, stir fry all the vegetables over high heat with some olive oil until they are crunchy, or al dente too.
4. Drain the pasta and toss it with the sauce. Add the veggies and the cooked broccoli.
5. Mix well and add salt to taste.

Chef's Notes

https://cookinglovers.teka.com/en/receta/pasta-balsamica-verduras/