



## 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

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

