



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/es/receta/pasta-balsamica-verduras/>

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