



Dinner recipe.

Pesto & almond noodles

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Preparation.

1. Put the instant noodles and tomatoes in a larger ziplock.
2. Stick the parmesan, crushed almonds, garlic and chili flakes in another bag.
3. Have the pesto in a container of its own.

Instructions.

4. Boil 1 cup of water with the sliced sun dried tomatoes.
5. Turn off the stove and add the noodles, let it rest for 3 minutes.
6. Drain the water and mix in the rest of the ingredients.

Ingredients.

- noodles 2.1oz(60gr) 260kcal
- pesto 1.75oz(50gr) 300kcal
- parmesan 0.5oz(15gr) 65kcal
- almonds 0.75oz(20gr) 130kcal
- sun dried tomatoes 0.75oz(20gr) 62kcal
- 0.5 tsp freeze dried garlic 0.05oz(1.5gr) 4.5kcal
- pinch of chili flakes

5.8oz(166.5gr) 817kcal
kcal/oz=140