



Spinach & Toasted Pumpkin Seed Pesto Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large chicken breast halves
- 1 juice of lemon (juice only)
- 3 tbsp cooking fat (I used rendered chicken fat, but butter or olive oil will do nicely)
- 6 servings oregano dry
- 3 cups baby spinach packed
- 1 lemon zest
- 0.3 cups olive oil ()
- 3 spring onion green
- 2 cloves garlic

- 1 cup pumpkin seeds toasted
- 3 Tbs parsley chopped
- 6 servings pepper
- 1 lbs soup noodles
- 0.5 tbsp pumpkin seeds for toasting pumpkin seeds
- 3 parmesan

Equipment

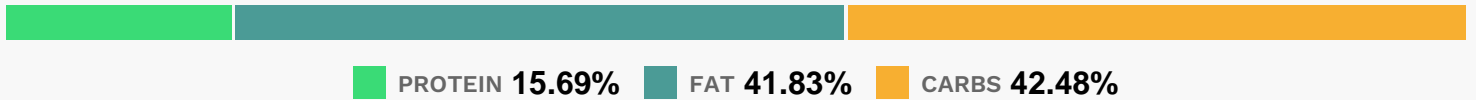
- bowl
- frying pan
- pot

Directions

- Start by boiling water for pasta in a large pot.
- Add some salt and olive oil to prevent pasta from sticking. When water is boiling, add pasta, stir, reduce heat to medium and cook until ready (9-12 minutes, depending on pasta type).
- Drain and set aside.
- While pasta is cooking, prepare the rest of the components simultaneously.
- Start by heating the cooking fat in a skillet over medium heat.
- Sprinkle chicken breast halves with salt, pepper and dry oregano all over.
- Place chicken in heated oil and cook on both sides for a short time (1 minute each).
- Add juice of 1 lemon to the skillet, reduce heat to medium/low and continue cooking, turning occasionally, until done (about 10 - 12 minutes). Set aside.
- If toasting pumpkin seeds, put 1/2 tbsp of coarse salt in a small (preferably cast iron) skillet over medium heat.
- Add pumpkin seeds. Toast seeds for a few minutes, stirring or shaking frequently, until they start to crack and turn golden. Turn off the heat and leave pumpkin seeds in the skillet until cool. When move seeds away from salt before using them. It won't be hard, because they are lighter than coarse salt. Discard the salt.
- Now you are ready to prepare pesto.

- Reserve 1-2 tbsp of pumpkin seeds for garnish.
- Put the remaining pumpkin seeds and the rest of the pesto ingredients in a processor and hit pulse a few times at first, allowing everything to settle. Now turn the processor on and see if pesto is thin enough (consistency of pancake batter). If not, add a little more olive oil and/or lemon juice as you work the pesto.
- Slice or dice cooked chicken breasts.
- Assemble your dish in serving bowls: pasta, chicken, pesto, pumpkin seed sprinkle and shaved or grated parmesan.
- Now inhale deeply and try to say Spinach & Pumpkin Seed Pesto Chicken Pasta Bowl three times in a row fast. That's it!

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:23.05, Inflammation Score:-10, Nutrition Score:25.835217391304%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Taste

Sweetness: 26.63%, Saltiness: 60.37%, Sourness: 38.75%, Bitterness: 36.83%, Savoriness: 74.22%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 565.35kcal (28.27%), Fat: 26.43g (40.65%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 60.39g (20.13%), Net Carbohydrates: 56.14g (20.42%), Sugar: 2.62g (2.91%), Cholesterol: 29.89mg (9.96%), Sodium: 71.71mg (3.12%), Protein: 22.3g (44.6%), Vitamin K: 130.65µg (124.43%), Selenium: 61.43µg (87.76%), Manganese: 1.45mg (72.43%), Phosphorus: 381.61mg (38.16%), Magnesium: 135.73mg (33.93%), Vitamin A: 1661.92IU (33.24%), Vitamin B3: 6.02mg (30.08%), Vitamin B6: 0.47mg (23.41%), Copper: 0.42mg (21.15%), Vitamin E: 2.85mg (19.02%), Iron: 3.23mg (17.93%), Fiber: 4.25g (17%), Zinc: 2.36mg (15.76%), Potassium: 537.04mg (15.34%), Folate: 61.19µg (15.3%), Vitamin C: 12.1mg (14.67%), Vitamin B5: 1mg (9.99%), Vitamin B1: 0.15mg (9.74%), Vitamin B2: 0.15mg (8.55%), Calcium:

70.74mg (7.07%), Vitamin D: 0.35µg (2.32%), Vitamin B12: 0.08µg (1.36%)