



One-pot feta tomato pasta

with butter beans



20-30min



2 Portionen

Was du von uns bekommst

- 1 Dose weiße Bio-Bohnen
- 1 Dose Kirschtomaten
- 200g Bio-Penne ¹
- 1 Pck. italienische Gewürzmischung
- 100g Feta ²
- 50g Babyspinat (ungewaschen)

Was du zu Hause benötigst

- 1EL Milch ²
- 1¼g Salz

Küchenutensilien

- mittelgroßer Topf mit Deckel
- Messbecher
- Sieb

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

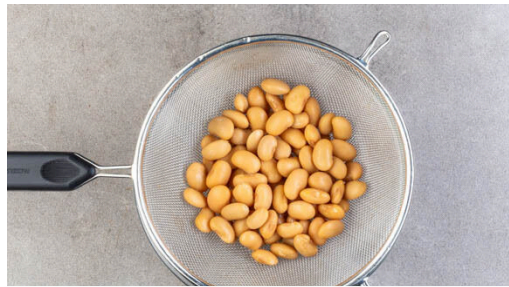
Allergene

Enthält: **Gluten** (1), **Milch** (2).

Kann Spuren enthalten von: Senf, Sojabohnen

Nährwertangaben pro Portion

Energie 698kcal, Fett 14.7g, Kohlenhydrate 100.2g, Eiweiß 32.3g



1. Drain beans

Drain the beans in a sieve.



2. Cook the pasta

Add 300ml water, the beans, the tinned cherry tomatoes, the pasta, ½ of the spice mix and a large pinch of salt to a medium pot. Bring to a boil and then turn down the heat to medium-low. Cover with a lid and cook for 12-15min., stirring occasionally, until the pasta is al dente.



3. Crumble the feta

Meanwhile, crumble the feta into large pieces.



4. Add feta

After about half of the cooking time, add ⅔ of the feta and 1Tbsp milk to the pot. Continue to cook everything for the remaining minutes, so the cheese melts and the sauce becomes creamy. Add more water, if necessary, to reach the desired consistency. Taste and add salt if desired.



5. Add spinach

In the last minute of cooking, add the spinach to the pot and let it wilt into the sauce.



6. Serve

Divide the pasta over bowls or plates and serve the pasta sprinkled with the remaining feta.