



One-pot feta tomato pasta

with butter beans



20-30min



4 Portionen

Was du von uns bekommst

- 2 Dosen weiße Bio-Bohnen
- 2 Dosen Kirschtomaten
- 400g Bio-Penne ¹
- 1 Pck. italienische Gewürzmischung
- 200g Feta ²
- 100g Babyspinat (ungewaschen)

Was du zu Hause benötigst

- 2EL Milch ²
- ½TL Salz

Küchenutensilien

- großer 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. Start the pasta

Add 600ml water, the beans, the tinned cherry tomatoes, the pasta, the spice mix and ½tsp salt to a large 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 2Tbsp 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.