DAL 1947
SGAMBARO
MOLINO E PASTIFICIO
•WITH•
ANTONIO ROSSI

FAMILY PASTA

HULLED DURUM WHOLE WHEAT CELLENTANI WITH RADICCHIO PESTO, WALNUTS AND CRISPY TYROL SMOKED HAM

SERVES 2

200g SGAMBARO HULLED DURUM WHOLE WHEAT CELLENTANI

1 RED RADICCHIO HEAD FROM TREVISO (BETTER IF LATE RADICCHIO)

80g SHELLED WALNUTS

40g GRANA PADANO CHEESE

40g STRIPS OF TYROL SMOKED HAM

PEPPER, SALT, OIL

METHOD

Wash the leaves of red radicchio under running water and blanch them for just a few minutes. Remove them with a skimmer and liquidise them with the walnuts, the grated Grana Padano cheese and about barely half a glass of extra virgin olive oil.

Add salt – considering that we have fairly savoury ingredients, so we could also do without – and pepper and liquidise, if necessary adding a bit of cooking water of the radicchio until you get a good, not too pasty consistency.

In a non-stick pan sauté about 40 grams of Tyrol smoked ham strips with a drizzle of oil until crispy. Put some aside to garnish the plate. In the meantime, place the hulled durum whole wheat Cellentani in boiling hot salted water.

After about six/seven minutes, when the pasta is still 'al dente', drain it and put it directly in the crispy smoked ham. Sauté everything together on high heat for a minute.

Turn off the heat and add the pesto, mixing well.

Arrange on a soup plate and garnish with a few crushed walnuts and smoked ham strips.

WHAT THE DIETICIAN SAYS

This is a mouth-watering recipe with an excellent nutritional contribution. **Wholemeal pasta**, rich in fibre, is very easy to digest and as a lower glycaemic index. The portion for a person doing moderate exercise is 100 grams, to be adjusted based on your age, physical traits such as weight and height, and the sport practiced.

Radicchio provides fibre, mineral salts (especially potassium, iron, calcium and phosphorus), vitamins (C, B1, B2, K) and polyphenols with antioxidant properties. These are very important as they block the action of free radicals, which are produced in larger amounts by athletes during physical exertion.

Walnuts are oil seeds packed with energy and perfect for sportspeople thanks to arginine, which improves physical performance: the blood vessels expand allowing for a greater contribution to muscles in terms of oxygen and nourishing substances. They also provide a consistent amount of mineral salts, especially magnesium, vitamin E (antioxidant), folic acid and Omega-3 fatty acids.

Uncooked extra virgin olive oil provides monounsaturated fatty acids, vitamin E and polyphenols. It also contains oleocanthal, a substance with significant anti-inflammatory properties.

Grana Padano cheese and Tyrol smoked ham provide an excellent amount of protein with a high biological value and essential for sportspeople. For a lighter meal, replace the smoked ham strips with thinly sliced horse meat bresaola, which is leaner.

Dig in and enjoy your workout from pasta Sgambaro.

FOR A GOOD AND BEAUTIFUL LIFE, FROM FIELD TO HEART.

ALSO IDEAL WITH PENNE AND TRIVELLINE!