

PASTA FOR YOUR WORKOUTS

SPELT, LENTIL AND QUINOA TRIVELLINE
WITH BRESAOLA AND JULIENNE COURGETTES

INGREDIENTS FOR ONE PERSON



APPROXIMATELY 100g
OF SGAMBARO SPELT, LENTILS
AND QUINOA TRIVELLINE PASTA



2 SMALL
COURGETTES



60g OF BEEF
OR HORSE BRESAOLA



EXTRA VIRGIN
OLIVE OIL



SALT
AND PEPPER

METHOD

Boil the water for the pasta,
add salt and throw in the trivelline.

In the meantime, cut the courgettes into julienne strips
with the help of a slicer or use a grater with wide teeth.

Put them in a bowl and season with a generous
spoonful of extra virgin olive oil, salt, pepper
and any spices to taste.

Roll up the slices of bresaola, cut them into thin strips
and mix them with the courgettes.

Drain the trivelline and add them to the bowl.

Mix well! Eat immediately whilst warm or leave to cool
and keep in the fridge.

WHAT THE DIETICIAN SAYS

This dish proves that you can still eat well when you have little time to cook. All you need to do is select high-quality ingredients, combine them intelligently and dose them in the right amounts.

Sgambaro organic pasta made with spelt semolina, lentils and quinoa is the ideal base: perfect raw materials rich in beneficial nutrients with a consistent amount of vegetable protein (approximately 18 grams per 100 grams). The combination of pulses and cereals guarantees valid protein complementarity, which increases its biological value.

The portion for a person doing moderate exercise is 100 grams, to be adjusted based on your gender – men can take 10-20 grams more than women – age, physical traits such as weight and height, as well as the sport practiced.

Since they are rich in fibre, raw **courgettes** further lower the already contained glycaemic index of the pasta. They contain antioxidants, vitamins, minerals and essential amino acids such as tryptophan, which is also present in quinoa and which perform many important functions for the body.

Bresaola, which is simply a selected piece of beef, and very suitable for the diet of sportspeople and for those who want to keep fit: in fact, it is one of the poorest fat-cured meats, less than 3% of its weight. Rich in protein, approximately 30 %, of high biological value, bresaola also offers iron, zinc and vitamin B12, which are essential for athletes to produce haemoglobin, that important protein that carries oxygen to the muscles. However, it should be considered that bresaola, being charcuterie, involves a preservation process with a salting period lasting about ten days: for this reason, those suffering from hypertension must consume it occasionally.

*Dig in and enjoy your workout
from pasta Sgambaro.*

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