

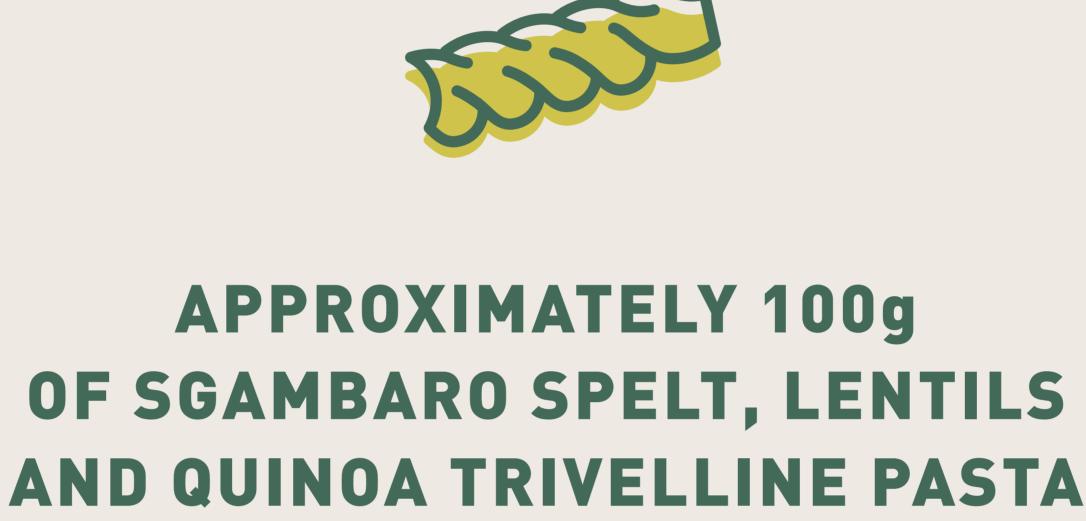
• C O N •

ANTONIO ROSS

YOUR WORKOUTS SPELT, LENTIL AND QUINOA TRIVELLINE WITH BRESAOLA AND JULIENNE COURGETTES

PASTA FOR

INGREDIENTS FOR ONE PERSON









SALT AND PEPPER

to taste.

Put them in a bowl and season with a generous spoonful of extra virgin

olive oil, salt, pepper and any spices

add salt and throw in the trivelline.

In the meantime, cut the courgettes

of a slicer or use a grater with wide teeth.

into julienne strips with the help

Boil the water for the pasta,

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.

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

Sgambaro organic pasta made with spelt

and dose them in the right amounts.

semolina, lentils and quinoa

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

amount of vegetable protein (approximately 18 grams per 100 grams). The combination

protein complementarity, which increases

in beneficial nutrients with a consistent

of pulses and cereals guarantees valid

is the ideal base: perfect raw materials rich

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

They contain antioxidants, vitamins,

minerals and essential amino acids such

as tryptophan, which is also present in

glycaemic index of the pasta.

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

and enjoy your workout from pasta Sgambaro. FOR A GOOD AND BEAUTIFUL LIFE,

FROM FIELD TO HEART.

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consume it occasionally.