



# Good For You

## PULSE PASTA RECIPES

A collection of home-made recipes created by Instagram influencers around Australia, featuring San Remo Pulse Pasta





San Remo has epitomised the culture and tradition of pasta making since its inception in 1936. Today, it remains a privately owned 100% Australian company. San Remo combines the traditional Italian pasta making "know how" with the most modern technology.

## San Remo Pulse Pasta

San Remo Pulse Pasta is an award winning range made using four pulses flour: peas, lentils, chick peas and borlotti beans, instead of wheat to boost the protein content and other nutritional benefits.. With a great taste, San Remo Pulse Pasta is:

- Gluten Free – suitable for people who are coeliac or gluten intolerant
  - A good source of Protein
    - compared to regular San Remo pasta
  - An excellent source of Fibre
    - compared to regular San Remo pasta



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# Pulse Pasta Penne with Tomato & Basil

recipe by  
**@EMMAAMIES**



## INGREDIENTS

250g San Remo Pulse Pasta Penne	Fresh basil leaves
250g San Remo Tomato & Basil Pasta Sauce	Cherry tomatoes
	Shaved parmesan cheese

## METHOD

- 1 In a pan on medium heat, keep the sauce on a low simmer until pasta is ready.
- 2 Cook pasta as per packet directions.
- 3 Strain pasta and serve with sauce.
- 4 Sprinkle fresh basil leaves, cherry tomatoes and shaved parmesan cheese as desired.



**prep time**  
**5**  
**minuti**



**cook time**  
**10**  
**minuti**



**serves**  
**3**  
**people**

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recipe by  
@HEALTHYFRENCHWIFE



prep time  
5  
minuti



cook time  
10  
minuti



Serves  
3  
people

# Healthy Vegan Midweek Pasta Dinner

## INGREDIENTS

250g San Remo Pulse  
Pasta Spaghetti  
1 avocado  
Juice of 1 lemon  
1/2 tsp garlic flakes  
2 tbsps olive oil

2 tbsps water  
1 handful spinach leaves,  
or basil/coriander  
1/2 tsp salt  
Black pepper, to taste



## METHOD

- 1 Cook pasta as per pack instructions and drain.
- 2 In a blender mix all other ingredients together and toss through the cooked pasta just before serving.

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# Midweek “Better for You” Pasta Meal

## INGREDIENTS

250g San Remo Pulse Pasta Penne	2 tbsps tomato paste
500g San Remo Pasta Sauce Tomato and Basil	1 garlic clove, crushed
Vegetable oil, for frying	250g pitted green olives
1 chorizo, thinly sliced	Handful fresh basil leaves, for garnish
500g truss cherry tomatoes	Sea salt and cracked black pepper
2 tbsps olive oil	Finely grated parmesan, to serve

## METHOD

- 1 Preheat oven to 200C. Place the chorizo and tomato on a baking tray lined with non-stick baking paper and roast for 15 minutes or until chorizo is golden.
- 2 While the chorizo is roasting, cook the pasta in a saucepan of salted boiling water for 8 minutes or until pasta is al dente.
- 3 Drain and keep warm.
- 4 Add the olive oil and garlic to the pan and cook for 1 minute.
- 5 Add pasta sauce, tomato paste and green olives. Return the pasta to the pan with the chorizo, tomato, salt and pepper and toss to combine.
- 6 Divide the pasta between plates, and top with parmesan and basil leaves to serve.



**prep time**  
15  
minuti



**cook time**  
25  
minuti



**Serves**  
3  
people



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recipe by  
@IEATMELBOURNE



# Pulse Pasta Bolognese

## INGREDIENTS

250g of San Remo Pulse Pasta Penne	Olive oil
500g San Remo Pasta	Fresh basil, to serve
Sauce Bolognese	Shaved parmesan, to serve
500g half beef/half veal mince	

## METHOD

- 1 Cook pasta as per packet directions.
- 2 On medium heat, pre- heat frypan and add oil.
- 3 Cook mince, stirring with a wooden spoon for 8 to 10 minutes, or until browned.
- 4 Add San Remo Pasta Sauce and simmer on a low heat until pasta is prepared.
- 5 Serve with shaved parmesan and fresh basil



prep time  
5  
minuti



cook time  
15  
minuti



Serves  
3  
people

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# Midweek Chilli Prawn Spaghetti

## INGREDIENTS



250g San Remo Pulse Pasta Spaghetti	kept separate
Olive Oil	A handful of prawns, approximately 12
2 garlic cloves, chopped	Lemon wedge
½ tsp chilli flakes, extra to serve	Shaved Parmesan, to serve
1 bunch parsley, chopped, stalks	Salt and pepper

## METHOD

- 1 Cook the spaghetti in a large saucepan of boiling, salted water following packet instructions.
- 2 Heat oil in a large frypan on medium heat.
- 3 Fry off garlic, chilli flakes and parsley stalks in olive oil until fragrant, approximately 1 min.
- 4 Throw in prawns for approx. 2-3 mins until no longer translucent.
- 5 Add in cooked pasta and season with salt and pepper.
- 6 Turn off heat, add in parsley leaves and a squeeze of lemon and mix through.
- 7 Serve with shaved parmesan and a sprinkle of chilli flakes.



**prep time**  
10  
minuti



**cook time**  
10  
minuti



**Serves**  
3  
people



recipe by  
**@EAT.MORE**

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recipe by  
**@RAYCAMNDAISY**



prep time  
15  
minuti



cook time  
10  
minuti



Serves  
3  
people

# Pulse Pasta Salad with Chickpeas & Tuna

## INGREDIENTS

250g San Remo Pulse Pasta  
Chickpeas Spirals  
185g tin tuna  
1/2 cup canned chickpeas  
1 large tomato, diced  
1/2 red onion, diced  
1/2 Lebanese cucumber diced  
1/2 bunch flat parsley roughly  
chopped

### For the Dressing

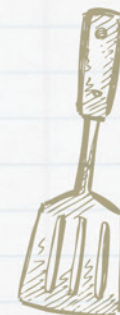
1/2 cup olive oil  
1 tbsp Dijon mustard  
1/2 tsp lemon juice  
1 garlic clove, crushed  
Pinch of salt and pepper

## METHOD

- 1 Cook San Remo Pulse Pasta Chickpea according to the instructions on the package.
- 2 While pasta is cooking grab a large mixing bowl and put chickpeas, tuna, tomato, cucumber, onion and parsley in a mixing bowl.
- 3 Remove the pasta from heat and drain well, rinse with running cold water on pasta to stop it from cooking further and drain away any excess water.
- 4 Add the pasta into the tuna mixture bowl.

### For the Dressing:

- 5 With a stick blender add all the ingredients into a stick blender container and blend until the mixture has combined.
- 6 Pour the dressing over the pasta and mix.



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# Pulse Pasta Spaghetti with Pesto & Garlic Mushroom

## INGREDIENTS

250g San Remo Pulse Pasta  
Spaghetti

3 tbsps dairy free butter

2 garlic cloves, minced

1 cup mushrooms, sliced

1/3 cup pesto, store bought  
or homemade

3 tbsps pine nuts

Fresh basil, to serve

## METHOD

- 1 Boil a pot of water and cook pasta according to the directions on the pack.
- 2 Meanwhile, melt the dairy free butter over medium heat in a large pan.
- 3 Add the garlic and cook for a few minutes.
- 4 Add the mushrooms to the pan and combine with the garlic butter.
- 5 Let cook until the mushrooms are softened and browned on the edges.
- 6 When the pasta is cooked, drain and add it to the pan with the mushrooms.
- 7 Stir through the pesto until evenly coated. Serve with fresh basil and pine nuts.



**prep time**  
10  
minuti



**cook time**  
10  
minuti



**Serves**  
3  
people



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recipe by  
@MADELEINELUMLEY



prep time  
20  
minuti



cook time  
15  
minuti



Serves  
3  
people

# Easy, Creamy Vegan Mac 'n' Cheese

## INGREDIENTS

250g San Remo Pulse Pasta Chickpea Spirals	1 tsp turmeric
1 tbsp olive oil	1/2 tsp sea salt
3 garlic cloves, finely chopped	1/2 tsp pepper
2.5 cups of unsweetened almond or soy milk	4 tbsps arrowroot or tapioca starch (or if you're unable to get either, try corn starch)
1/3 cup of nutritional yeast, plus more to taste	<b>Optional extras:</b>
1 tsp white miso paste, optional	1 cup of broccoli florets
	1.5 cups of baby spinach

## METHOD

- 1 Get a pot of salted water boiling for your pasta. Add pasta and cook according to pack directions.
- 2 In a pot or pan, sauté the garlic in the olive oil until cooked and golden brown.
- 3 Add the milk, nutritional yeast, miso, turmeric, salt and pepper, and whisk to combine.
- 4 Add the arrowroot starch and continue whisking slowly over medium heat; as the milk and starch heats up, the starch will begin to thicken the mixture.
- 5 Keep mixing until it's super thick and creamy.
- 6 Add the broccoli and spinach, if you're using them, and cook for a further couple of minutes.
- 7 Stir through freshly cooked pasta. Voila!



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# Pulse Pasta Penne

## Vegan Lentil & Veggie Bolognese

### INGREDIENTS

250g San Remo Pulse Pasta Chickpeas Spirals	1 brown onion
1 cup brown mushrooms, sliced	1 tin of lentils
1 cup broccoli florets	1 tsp crushed garlic
1 large tomato, diced	Jar pasta sauce
	Fresh Basil

### METHOD

- 1 To recreate this delicious dinner, simply cook the Pulse Pasta following the packet instructions.
- 2 Meanwhile, fry the onion until translucent and then add mushrooms and crushed garlic, followed by tomato, broccoli and the lentils.
- 3 Once softened add your favourite pasta sauce and stir through until warmed.
- 4 Add the drained pasta to the frypan and stir through carefully until everything is well combined.
- 5 Place into a serving bowl and top with fresh basil.



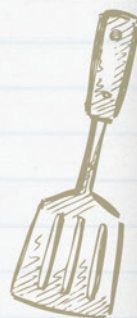
**prep time**  
5  
minuti



**cook time**  
15  
minuti



**Serves**  
3  
people



recipe by  
**@NICKYWARD86**

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prep time  
15  
minuti



cook time  
15  
minuti



Serves  
3  
people

# Pulse Pasta Pesto Penne

## INGREDIENTS

250g San Remo Pulse Pasta Penne  
1 cup cherry tomatoes, halved  
120g reduced fat feta  
¼ cup pine nuts  
½ cup homemade pesto

### Homemade Pesto

2 garlic cloves, minced  
1 ½ cups fresh basil  
½ cup parmesan cheese  
¼ cup pine nuts  
Sea salt and freshly ground black pepper  
3 tbsps extra virgin olive oil



## METHOD

- 1 Start by preparing the homemade pesto sauce. To do this, combine all pesto ingredients in a food processor and blitz until pureed.
- 2 Once the sauce is prepared, bring a saucepan full of water to the boil. Add the pulse pasta to the boiling water and cook as per packet instructions.
- 3 While the pasta is cooking, cut the cherry tomatoes in half and crumble the feta, before setting aside.
- 4 Place pine nuts in a frying pan and heat slightly until golden brown.
- 5 Once the pasta is cooked al dente, drain the water and return the pasta to the saucepan over low heat.
- 6 Mix in the pesto and half of the tomatoes, pine nuts and feta, until well combined.
- 7 Serve pasta in individual bowls and top with left over tomatoes, feta and pine nuts.

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