



Gluten free

PASTA RECIPES





At San Remo we believe in giving people following a gluten free diet a genuine alternative to regular pasta, which is why we have developed an extensive gluten free range.

Our gluten free pasta is delicious and has an 'al dente' texture you only find in good quality pasta, whilst our recipes are tasty, gluten free meals that everyone can enjoy.



We're family.



Vegan Pesto Pasta with Broccolini

Ingredients:

250g San Remo Pulse Penne
2 bunches of broccolini, cut into 3rds
1 cup basil leaves
1 garlic clove
¼ cup raw cashews

½ cup grated vegan cheese
Olive oil
¾ cup coconut cream
Salt and pepper
1 long red chilli, deseeded and finely chopped

Method:

1. Blanch broccolini in a pot of boiling, salted water for 2 to 3 minutes until soft. Once cooked remove and cool down.
2. Cook pasta as per packet directions in broccolini water.
3. Place basil, half of broccolini, garlic, cashews, cheese and small amount of oil into a food processor and blend until smooth. If needed add more olive oil to combine well.
4. Combine the cooked pasta, coconut cream, broccolini puree and blanched broccolini.
5. Mix together well and season with salt and pepper.
6. Sprinkle over chilli, to serve.





Tabouli and Chickpea Pulse Salad

Ingredients:

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|--|----------------------------|
| 250g San Remo Pulse Chickpea Spirals | 2 stalks celery, diced |
| 1 punnet heirloom cherry tomatoes, quartered | 1 Lebanese cucumber, diced |
| ½ cup mint, finely chopped | 2 lemons, juiced |
| 3 cups flat leaf parsley, finely chopped | 4 tbsp, olive oil |
| 1 small red onion, finely chopped | Salt and pepper |

Method:

1. In a pot of boiling, salted water, cook pasta as per packet directions.
2. Once cooked, strain and refresh pasta under cold water.
3. In a large bowl, mix together tomatoes, mint, parsley, onion, celery, cucumber and pasta.
4. Mix together lemon juice and olive oil in a small bowl.
5. Pour olive oil and lemon dressing over pasta and combine together.
6. Finally, add salt and pepper to taste.
7. Serve as a main or as a side to grilled meat, fish or chicken.



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What is Pulse Pasta?

San Remo's Pulse Pasta range uses pulses such as Peas, Lentils, Chickpeas and Borlotti Beans to produce an alternative to traditional wheat pasta. The pasta has more protein, more fibre and reduced carbs compared to traditional pasta and is gluten free.



We're family.



SAN REMO GLUTEN FREE SPAGHETTI 350g



SAN REMO GLUTEN FREE THIN SPAGHETTI 350g



SAN REMO GLUTEN FREE FETTUCCINE 350g



SAN REMO GLUTEN FREE BROWN RICE SPAGHETTI 250g



SAN REMO GLUTEN FREE PULSE PASTA SPAGHETTI 250g

San Remo's Gluten Free Range



SAN REMO GLUTEN FREE
EGG TAGLIATELLE NESTS 250g



SAN REMO PULSE PASTA
PENNE 250g



SAN REMO GLUTEN FREE
SPIRALS 350g



SAN REMO BROWN RICE
SPIRALS 250g



SAN REMO PULSE PASTA
CHICKPEA SPIRALS 250g



SAN REMO GLUTEN FREE
PENNE 350g



SAN REMO BROWN RICE
PENNE 250g



SAN REMO PULSE PASTA
RED LENTIL SPIRALS 250g



SAN REMO BUCKWHEAT
SPIRALS 250g



SAN REMO GLUTEN FREE
LASAGNA 200g



SAN REMO PULSE PASTA
GREEN PEA PENNE 250g



6 Minute Napolitana

Ingredients:

350g San Remo GF Spaghetti
5 tbsp olive oil
2 garlic cloves, whole
400g tin of San Marzano tomatoes
or whole tomatoes

¼ cup basil leaves
Salt & pepper
½ cup grated pecorino

Method:

1. In a pot of boiling, salted water, cook pasta as per packet directions.
2. In a pan on medium heat, add oil and garlic. Cook for 2 minutes until garlic is just colouring. Remove garlic.
3. Next add tomatoes to the pan and crush with a wooden spoon.
4. Add half a cup of pasta water to the pan.
5. Cook for 3 to 4 minutes, stirring constantly on a medium to high heat.
6. Add basil, stir through and turn off heat. Season sauce with salt and pepper.
7. Strain pasta and add to sauce. Add half the pecorino to sauce and stir.
8. Serve and sprinkle remaining pecorino over the top.



Creamy Vegan Capsicum Pulse Penne

Ingredients:

250g San Remo Pulse Penne
4 large red capsicums, halved
2 garlic cloves, sliced
1 red birdseye chilli, sliced
½ cup almond milk

1 tbsp cornflour
2 tbsp extra virgin olive oil
Salt and pepper
Toasted pine nuts, to serve
Torn basil leaves, to serve

Method:

1. In a pot of boiling, salted water, cook pasta as per packet directions.
2. In the meantime, place the halved capsicums onto a tray that has been lined with foil and place under a hot grill until the skin is blackened. Once the skin is fully black, place the capsicums into a bowl and cover with glad wrap - this allows the capsicums to steam and helps the skin tear away easier in the next step.
3. Once the capsicums have cooled, peel off the skin and discard. Place the capsicums in a food processor with the garlic, chilli, almond milk, cornflour, oil and salt and pepper.
4. Blitz the mixture until smooth - then place into a fry pan and cook for 3-5 minutes to cook out the flour.
5. Once the pasta is cooked, toss the pasta through the sauce and serve with toasted pine nuts, extra virgin olive oil and torn basil leaves.





Chicken and Almond Pesto Spaghetti

Ingredients:

350g San Remo GF Thin Spaghetti	4 tbsp olive oil
1½ cup fresh basil leaves, tightly packed	550g lean chicken strips
1½ clove garlic, chopped	1½ bunch asparagus, cut into 3cm lengths
3 tbsp slivered almonds	3 medium roma tomatoes, finely diced

Method:

1. In a pot of boiling, salted water, cook pasta as per packet directions.
2. Blend the basil leaves, garlic and almonds in a blender for 30 seconds. With the motor running, slowly pour 2 tablespoons of the olive oil through the funnel, blend for about 30 seconds until well combined and set aside.
3. Heat the remaining olive oil in a frying pan and cook the chicken in batches for 3-4 minutes or until golden and set aside.
4. Add the asparagus stems to the pan and cook, stirring for 2-3 minutes. Add the tips and cook for a further 1-2 minutes.
5. Stir the basil and almond pesto into the spaghetti. Add the chicken and asparagus.
6. Serve sprinkled with the tomato.



8



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Zucchini, Mint and Haloumi Fritters

Ingredients:

250g San Remo GF Brown Rice Spirals	¼ cup finely chopped parsley leaves
4 medium zucchini (approximately 500g), grated	1 cup cheddar cheese
¼ teaspoon salt flakes	5 eggs, lightly beaten
150g haloumi, finely chopped	Salt and pepper
2 teaspoons lemon zest	¼ cup olive oil
¼ cup finely chopped mint leaves	

Method:

1. In a pot of boiling, salted water, cook pasta as per packet directions. Once cooked, drain and refresh the pasta under cold water.
2. Place grated zucchini and salt together in the centre of a clean chux or cheesecloth. Place chux in a sieve and leave to stand over a mixing bowl for 10 minutes before squeezing, to remove excess water from the zucchini.
3. In a large mixing bowl, combine squeezed zucchini, haloumi, zest, mint, parsley, cheddar, cooked pasta, eggs, salt and pepper, stirring until well combined.
4. Heat 1 tablespoon olive oil in a large non-stick frying pan, over a medium heat. Add ¼ cups of zucchini mixture in batches of three and cook for 4 minutes on each side or until golden and cooked through. Add extra oil with batches, as required.
5. Serve fritters with roasted truss tomatoes.



15



25



16 fritters



Pasta that loves you back.



San Remo Pulse Pasta has more protein,
more fibre and reduced carbs*.
Looking after yourself has never tasted so good.

*Compared to regular Australian Durum Wheat pasta

