

# PASTA PASTA PASTA

PROTEIN-PACKED RECIPES



FITNESS  
*fernwood*®



# Protein-packed pasta

We know pasta is always a delicious, carb loaded meal, so to boost those macros, we've pulled together a collection of pasta recipes that pack a lot of protein too! One of these recipes has a massive 40g of protein per serve, so it just goes to show that pasta doesn't have to be all about the carbs. These recipes are ideal for dinner, and you can double the recipes so you have a serve for lunch too.

Enjoy xx

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EASY PASTA SALAD

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CREAMY BEEF & TOMATO  
FETTUCCINE

PG  
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MEDITERRANEAN-INSPIRED  
PASTA

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LEMON, ASPARAGUS &  
CHICKEN FETTUCCINE

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GNOCCHI & VEGETABLE  
BAKE WITH RICOTTA

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EGGPLANT, MUSHROOM &  
CAPSICUM LASAGNE





## Easy pasta salad

1920 KJ | PROTEIN 19G | CARBOHYDRATES 52G | FATS 16G

### SERVES 1

#### INGREDIENTS

½ lemon  
60g wholemeal pasta  
⅓ cup frozen peas  
125g cherry tomatoes  
50g red capsicum  
25g red onion  
½ tbsp extra virgin olive oil  
50g 0% fat Greek yoghurt  
2 tsp wholegrain mustard  
10g basil  
10g reduced fat feta

#### METHOD

1. Juice lemon, reserve until later. You will need about 20ml for dressing.
2. Cook pasta according to package instructions. In the last 2 minutes, add the peas. Drain and set aside.
3. Chop each tomato in half. Slice capsicum and onion thinly.
4. Prepare dressing by mixing olive oil, lemon juice, Greek yoghurt and mustard together.
5. Mix pasta and peas with the rest of the vegetables. Add basil leaves and the dressing and mix to combine.
6. Top the salad with crumbed feta and serve.



# Creamy beef & tomato fettuccine

1792 KJ | PROTEIN 24G | CARBOHYDRATES 44G | FATS 16G

SERVES 1

## INGREDIENTS

40g dry fettuccine  
½ tbsp olive oil  
60g lean beef fillet, diced  
½ small brown onion,  
thinly sliced  
40g mushrooms, sliced  
½ garlic clove, finely chopped  
¼ tsp ground paprika  
25g tomato paste  
200g canned diced tomatoes  
½ tsp wholegrain mustard  
½ tbsp extra light sour cream

## METHOD

1. Boil the fettuccine in a saucepan of lightly salted water.
2. In the meantime, spray a non-stick frying pan with half the oil and heat over high heat. Cook the beef to your liking. Remove from the pan and set aside.
3. Reduce to medium heat and spray the pan with the remaining oil. Add the onions and mushrooms. Cook until soft. Add the garlic and paprika and cook for 1 minute. Add the tomato paste, diced tomatoes, mustard and beef to the pan and stir to combine. Continue to cook until heated through.
4. Remove from heat and stir in sour cream and cooked fettuccine. Serve and enjoy.



*This creamy tomato and beef fettuccine borrows from traditional Hungarian flavours.*





*Cottage cheese creates a light and creamy sauce for this Mediterranean-inspired penne.*

## Creamy Mediterranean pasta

1430 KJ | PROTEIN 29G | CARBOHYDRATES 26G | FATS 12G

SERVES 1

### INGREDIENTS

15g dry wholemeal penne  
60g eggplant, roughly chopped  
¼ garlic clove, crushed  
½ tsp oregano leaves  
½ spring onion, chopped  
½ small tomato, diced  
15g sundried tomatoes in oil, drained, halved  
¼ cup baby spinach leaves, sliced  
110g low-fat cottage cheese  
50g reduced fat feta cheese, crumbled

### METHOD

1. Cook the pasta according to the packet instructions. Drain well.
2. In the meantime, heat a non-stick frying pan. Add the eggplant. Stir-fry until the eggplant is soft and browned. Remove from pan and set aside.
3. Using the same frying pan add the garlic, oregano and spring onions and stir fry for no longer than 1 minute. Add the fresh tomatoes and cook for 1-2 minutes.
4. Add the eggplant, sundried tomatoes and spinach to the frying pan. Cook for about 1 minute or until the spinach is almost wilted. Remove from heat.
5. Add the cottage cheese to the pan and stir through to create a creamy sauce.
6. Combine the penne with the sauce and stir to combine. Serve with a sprinkling of crumbled feta and season with cracked pepper.



# Creamy lemon, asparagus & chicken fettuccine

2112 KJ | PROTEIN 34G | CARBOHYDRATES 28G | FATS 27G

SERVES 1

## INGREDIENTS

25g fettuccine  
½ tbsp olive oil  
100g chicken breast, sliced  
¼ lemon  
⅓ cup frozen peas  
¼ cup frozen broad beans  
3 asparagus spears  
½ squash  
½ garlic clove  
½ tsp wholegrain mustard  
2 tbsp light cream  
½ tbsp green shallots

## METHOD

1. Cook the pasta as per packet instructions. Drain well.
2. In the meantime, spray a non-stick frying pan with half the oil, heat and cook the chicken strips.
3. Remove the rind from the lemon using a vegetable peeler then remove the white pith from the rind. Cut the rind into thin strips and juice the lemon.
4. Boil the peas, broad beans, asparagus and squash together until tender. Drain well.
5. Spray a frying pan with the remaining oil, heat and stir-fry the garlic. Add the mustard, lemon juice and light cooking cream and bring to a simmer. When the sauce has thickened (1-2 minutes) add the cooked pasta, cooked chicken, cooked vegetables, shallots and lemon rind, mix well and remove from heat. Season with salt and pepper and serve.



*A light and creamy pasta with bright green veggies and delicious chicken strips.*



*A pasta bake always comforts and this meal is no exception.*

## Gnocchi & vegetable bake with ricotta

1964 KJ | PROTEIN 19G | CARBOHYDRATES 47G | FATS 22G

SERVES 1

### INGREDIENTS

100g uncooked gnocchi  
½ tbsp olive oil  
80g eggplant, diced  
⅓ medium zucchini, diced  
60g mushrooms, sliced  
100ml tomato passata sauce  
60g reduced-fat ricotta cheese

### METHOD

1. Pre heat the oven to 200°C.
2. Cook the gnocchi as per packet instructions. Drain well.
3. In the meantime, spray a non-stick frying pan with olive oil and heat. Add the eggplant, zucchini and mushrooms and stir fry until they have softened.
4. Add the cooked gnocchi, vegetable mix and passata sauce to a ramekin or small baking dish and mix well to combine. Sprinkle with ricotta cheese and bake for approximately 15 minutes or until the ricotta is golden brown. Serve and enjoy.



# Eggplant, mushroom & capsicum lasagne

2115 KJ | PROTEIN 40G | CARBOHYDRATES 20G | FATS 28G

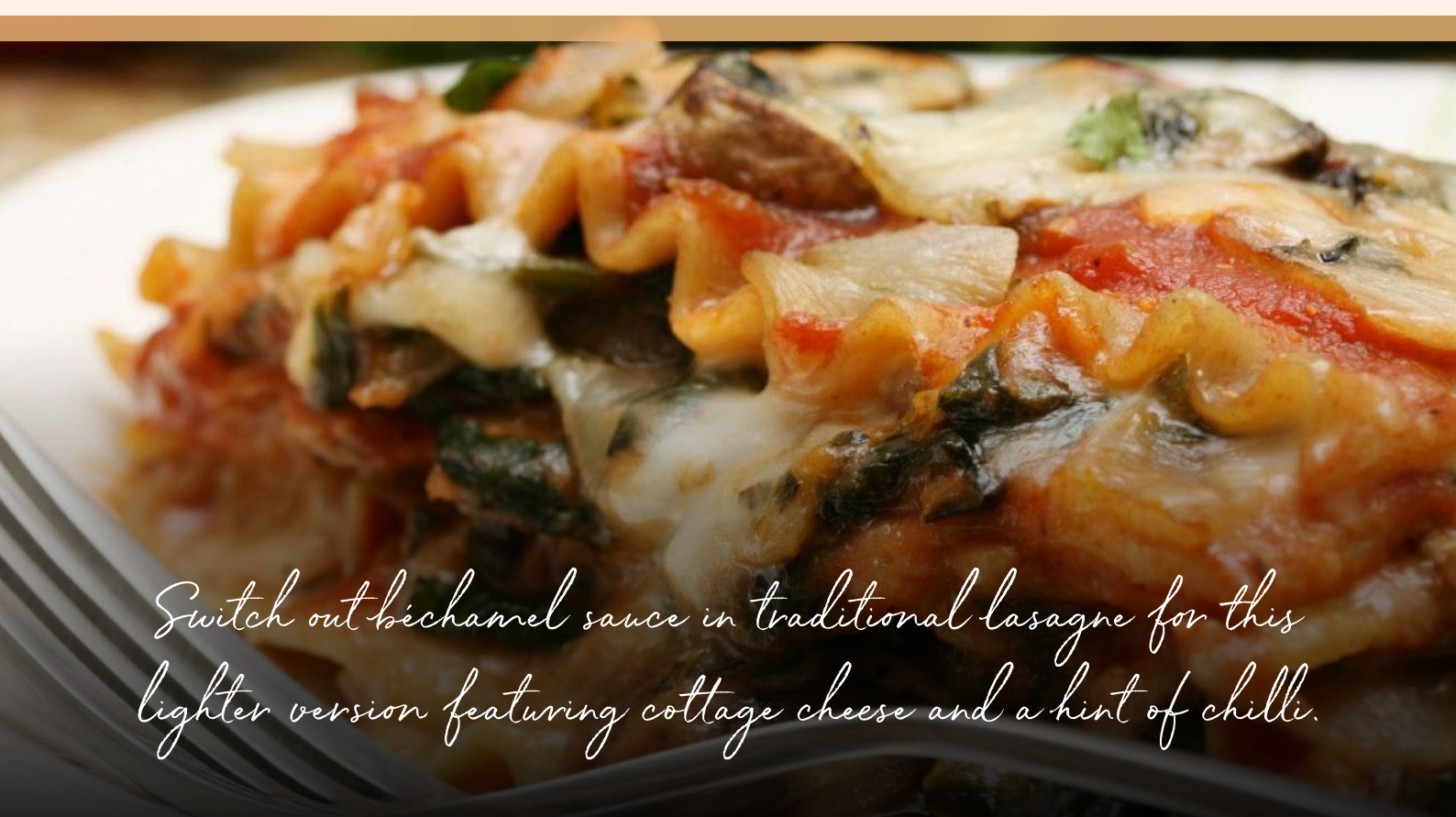
SERVES 1

## INGREDIENTS

120g eggplant, cut crossways into thick slices  
80g mushrooms, thickly sliced  
½ tbsp olive oil  
½ garlic clove, crushed  
1 medium red capsicum, halved, deseeded, chopped  
¼ tsp oregano leaves  
¼ tsp chilli flakes  
125 g gluten-free plain tomato pasta sauce  
½ cup low-fat cottage cheese  
20g mozzarella, grated  
¼ tbsp grated parmesan cheese  
3g fresh basil leaves, finely chopped  
1 egg white from large egg, hard boiled, mashed

## METHOD

1. Preheat oven to 180°C. Spray the eggplant and mushroom slices with a third of the olive oil. Place in a single layer on a baking tray and bake for 20 minutes, turning after 10 minutes, or until tender and golden brown.
2. In the meantime spray a non-stick frying pan with another third of the oil and heat. Add the capsicum and garlic and cook until just tender. Stir in the tomato sauce, basil, oregano, chilli flakes and season with salt and pepper. Simmer for 5 minutes. Remove from heat and set aside.
3. In a small bowl add the cottage cheese, mozzarella and parmesan. Mix well.
4. Spray a small baking dish or large ramekin with the remaining oil. Ladle some of the tomato sauce on the bottom and spread it out evenly. Top the tomato sauce layer with a single layer of eggplant and mushrooms. Sprinkle with some of the mashed eggs and top with a layer of the cottage cheese mixture then another layer of sauce. Repeat the process finishing with a layer of tomato sauce.
5. Bake for 20 minutes or until the lasagne is bubbling and heated through. Serve and enjoy.
6. Double the recipe to make enough for lunch the next day.



*Switch out béchamel sauce in traditional lasagne for this lighter version featuring cottage cheese and a hint of chilli.*



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