

# Avocado Pesto & Prawn Pasta

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-prawn-masala-recipe>

## Ingredients:

- 3 cups baby spinach
- 1 cup fresh basil leaves
- 1 avocado large Australian, de-seeded and diced
- 3/4 cup Parmesan cheese
- 2/3 cup pine nuts
- 1 garlic clove crushed
- 1 tablespoon lemon juice
- 2/3 cup olive oil
- 1 pinch salt
- 1 pinch pepper
- 10 banana prawns raw and deveined.
- 250 grams spaghetti uncooked
- 1 brown onion diced
- 2 garlic cloves crushed
- 1/2 red chilli long, deseeded and finely sliced.
- 2 tablespoons olive oil

## Nutrition:

1. Calories: 1900 calories
2. Carbohydrate: 119 grams
3. Cholesterol: 60 milligrams
4. Fat: 144 grams
5. Fiber: 15 grams
6. Protein: 45 grams
7. SaturatedFat: 22 grams
8. Sodium: 820 milligrams
9. Sugar: 9 grams

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