Nut-free pesto pasta

An allergy friendly alternative to traditional pesto which is just as tasty.

Makes: 10 snack portions • Preparation time: 15 mins

Ingredients

- 2 x 30g packs basil
- 2 garlic cloves, roughly chopped
- 80g parmesan (can be replaced with nutritional yeast for vegan option)
- 4 tbsp extra virgin olive oil
- ½ lemon, juiced
- 300g whole wheat pasta
- 1 head of broccoli
- 50g spinach
- Salt and pepper, to taste

Optional:

- 30g sunflower seeds (for texture)

Equipment

- Pot
- Pestle & mortar or blender
- Chopping board
- Knife
- Garlic press
- Measuring spoon

Top tips

- Mix up the veggies by adding seasonal veg such as green beans
- Make this into a pasta salad by cooling the pasta down before adding the pesto and adding fresh veggies (ie tomatoes)

Method

1. Boil a kettle with water, add to the pot and cook your pasta as per packet instructions.
2. Cut your broccoli into small florets and set aside.
3. In the meantime, start ripping up your basil leaves and add them to the mortar. Peel the garlic and press it into the mortar. Squeeze the lemon juice and start mashing it with the pestle and mortar.
4. Add your spinach, grated parmesan and oil and continue mashing. If using, add the sunflower seeds and grind down into a thick paste. Season with salt and pepper.
5. If using a blender, simply add all ingredients at once and blend.
6. Once the pasta is nearly done, add your broccoli to the pot and cook for another 3-4minutes until it has achieved the desired texture. Drain pasta and broccoli.
7. Mix the pasta and broccoli with the pesto and serve.