

PESTO PASTA SALAD



INGREDIENTS

pesto

- 2 cups tightly packed fresh basil
- 1/3 cup pine nuts (or walnuts/sunflower seeds)
- 2 cloves garlic, roughly chopped
- 1/3 cup extra-virgin olive oil
- 1 pinch salt, plus more to taste
- 2 TBsp lemon juice
- 2 TBsp nutritional yeast

pesto pasta

- 500g wholemeal pasta
- 2 tsp salt
- 2 TBsp olive oil
- 1/2 cup pesto
- 1 cup cherry tomatoes
- handful of fresh basil leaves
- 1/2 cup broccoli sprouts
- 1/4 cup toasted pine nuts

METHOD

pesto

step 1

Place the basil, walnuts or pine nuts, and garlic in a food processor and pulse to combine, then blend until the mixture is coarsely ground.

step 2

Turn the food processor on again and drizzle the olive oil in a thin stream while it is going. Add the sea salt, lemon, and nutritional yeast, and pulse a few more times to combine.

step 3

Add a little water (1TBsp) at a time until the mixture is thick but still pourable. Can be stored for 5-7 days in the fridge, or place extra portions in the freezer for up to 6 months.

pesto pasta

step 4

Bring a large pot of water to a boil; add 1 teaspoon salt and the pasta. Return to a boil, cook according to package instructions until al dente. Rinse it well in cold water and drain.

step 5

In a bowl, add the pasta and toss through the olive oil. This will keep the pasta from sticking together.

step 6

Next, add the pesto and stir through.

step 7

Add the cherry tomatoes, basil leaves and broccoli sprouts. The salad can be refrigerated for a day or two.

step 8

Keep the toasted pine nuts separate until ready to eat then sprinkle on top and enjoy!

