

Sun-dried tomato & walnut pesto pasta



Ingredients

Pesto

- 1 cup sun-dried tomatoes, drained off slightly
- 1 cup packed fresh basil leaves, plus extra for garnishing
- 1/2 cup walnuts
- 3 cloves garlic
- 1 tablespoon fresh lemon juice
- ¼ to ½ teaspoon salt, to taste
- A pinch of chilli flakes
- ¼ cup extra-virgin olive oil
- ½ cup freshly grated vegetarian parmesan* or nutritional yeast^, to taste plus extra for garnishing

Pasta

- 2 medium zucchinis
- 250g whole-wheat or spelt tubular pasta such as rigatoni, choose gluten free if necessary
- Salt and pepper



How to make

1

Make your pesto by blitzing the sun-dried tomatoes, basil leaves, walnuts, garlic cloves, lemon juice and chilli flakes in your food processor or blender until a rough paste is formed.

Then, while the machine is still blitzing at a medium pace, pour the olive oil in to the jug and keep processing until the pesto resembles a smooth paste.

Set the pesto aside.

vegetarian, ^vegan option, gluten free option

* Traditional parmesan cheese uses animal rennet to bring the cheese together. If you are a vegetarian, check the label of your cheese and ensure it states the use of non-animal enzymes or rennet



How to make

2

Grate your zucchinis using a box grater or use the grating attachment on your food processor. Once grated, season with salt and transfer it to a colander to drain of excess moisture for 10 minutes

3

Cook your pasta on the stove according to the directions on the packet. Once cooked, drain the pasta over the top of the zucchini sitting in the colander, reserving a mug of pasta water for thinning the sauce

4

In a frying pan on a medium heat, add the pesto and gently fry it off until fragrant, around 30 seconds. Now add the drained pasta and zucchini to the pan as well as the mug of pasta water. Mix the pasta gently through the pesto until everything is well coated in sauce and some of the liquid has cooked off. Taste and season with salt and pepper as desired

5

When ready, divide the pasta up between four bowls, garnish with extra basil and grated parmesan before enjoying

Store your pesto in an airtight jar or container in the fridge for up to 1 week

Store leftovers in an airtight container in the fridge for up to 4 days