



U C O O K

— COOKING MADE EASY

Walnut & Basil Pesto Pasta

**with gluten-free multigrain pasta,
mushrooms & creamy vegan pesto sauce**

Fulfill your craving for Italian food and your vegan, gluten-conscious, and gut health needs with a silky pea and pesto sauce, with nutritional yeast for creaminess. Ribboned with gluten-free pasta, packed with mushrooms, and punctuated by the crunch of walnuts.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

30g	Walnuts Pieces <i>roughly chopped</i>
5ml	Vegetable Stock
250g	Bio XXI Multigrain Pasta
250g	Portobellini Mushrooms
2	Garlic Clove <i>peeled & grated</i>
80g	Peas
30ml	Nutritional Yeast
50ml	Pesto Princess Dairy-Free Basil Pesto
8g	Fresh Basil <i>rinsed</i>
20ml	Cabernet Sauvignon Vinegar
2.5ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel

1. NUTTY AROMAS Boil a full kettle. Place the chopped walnuts in a pan over a medium heat. Toast for 2-3 minutes until starting to brown, shifting occasionally. Remove on completion and set aside to cool. Dilute the stock with 60ml of boiling water and set aside.

2. MMM, THAT GLUTEN-FREE PASTA! Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, add a drizzle of oil and cook the pasta for 13-15 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically during the remaining cooking time. Drain on completion, return to the pot, and toss through some oil to further prevent sticking.

3. CARAMELISE THE FAB FUNGI Gently wipe the mushrooms clean with some damp cloth or paper towel and roughly slice. Return the pan to a medium-high heat with a drizzle of oil. When hot, pan fry the mushrooms for 3-5 minutes until soft and golden, shifting as they colour. For the best results, you may need to do this step in batches to avoid overcrowding the pan, adding more oil between batches. In the final minute, stir through the grated garlic. Remove from the pan on completion and season to taste. Cover to keep warm and set aside for serving.

4. PEA & BASIL PESTO SAUCE Place the peas in a blender with the diluted stock, nutritional yeast, and basil pesto. Add three-quarters of the rinsed basil (stalks should go in too!) and blend until smooth. Return the pot of cooked pasta to a medium heat and pour in the pesto sauce. Toss for 2-3 minutes until the sauce is heated and the pasta is coated. Season to taste and remove from the heat.

5. HASTA LA PASTA, BABY! Dish up spoonfuls of creamy pesto pasta and top with the garlicky mushrooms. Sprinkle over the toasted walnuts and the chilli flakes to taste. Finish with a drizzle of cab sauv vinegar and tear over the remaining basil leaves. Time to tuck in.



Chef's Tip

BIO XXI multigrain pasta is made from all the good stuff, including: organic rice, organic amaranth, and 12% organic quinoa. Delicious as well as easy on the gut (and hips!)

Nutritional Information

Per 100g

Energy	670kj
Energy	160Kcal
Protein	5.5g
Carbs	19g
of which sugars	2.8g
Fibre	2.7g
Fat	6.5g
of which saturated	0.9g
Sodium	147mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days