



U C O O K

— COOKING MADE EASY


BROCCOLI & BASIL PESTO PASTA

with Italian-style cheese & crème fraîche

A true Italian favourite: linguine pasta with basil pesto, garlic, almonds, crème fraîche, and cheese... But this time, the sauce is blended with broccoli and spinach, so you can still get your greens!

Prep + Active Time: 35 minutes

Total Cooking Time: 40 minutes

 **Serves:** 1 person

 **Chef:** Tess Witney

 **Vegetarian**

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Ingredients

15g	Almonds
100g	Linguine Pasta
1	Onion <i>one half peeled & diced</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Broccoli Florets <i>roughly chopped</i>
40g	Baby Spinach <i>rinsed</i>
25ml	Pesto Princess Basil Pesto
30ml	Crème Fraîche
15g	Italian Hard Cheese <i>grated</i>
1	Lemon <i>one half zested & cut into wedges</i>
1.25ml	Chilli Flakes

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Blender
Milk (optional)

1. TOAST THE ALMONDS

Bring a pot of salted water to boil for the pasta. Place the almonds in a large, deep pan (that has a lid) over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. COOK THE PASTA

When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion and toss through some olive oil to prevent sticking.

3. PREPARE THE PESTO

Return the pan to a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 1-2 minutes until soft and translucent. Add the grated garlic and fry for about a minute until fragrant. Turn up the heat, add the chopped broccoli to the pan, and fry for 2-3 minutes. Pour in 50ml of water and add half of the rinsed baby spinach. Pop on the lid and steam for about 2-3 minutes until the spinach is cooked through. Remove the pan from the heat on completion.

4. FINISH THE PESTO

Place the contents of the pan in a blender. Add in the basil pesto, the crème fraîche, half of the grated cheese, and half of the toasted almonds. Pour in 30ml of water and add some lemon zest and juice to taste. Blend the ingredients until a smooth sauce. If the consistency is too thick, add a drizzle of olive oil and a splash of water or milk. Put the sauce back into the pan over a medium heat. Cook for 2-3 minutes to warm through. Add the cooked pasta to the pan with the sauce, toss to coat, and season to taste. Remove the pan from the heat.

5. FRESH LEAVES

Toss the remaining baby spinach through some olive oil and lemon juice to taste.

6. PLATE UP

Dish up a bowl of the creamy broccoli-pesto pasta and serve the lemony leaves alongside. Garnish with the remaining grated cheese and toasted almonds. Finally, add a sprinkling of chilli flakes to taste. Bellissimo, Chef!

Nutritional Information

Per Serving

Energy (kj)	3685
Energy (kcal)	881
Protein	12
Carbs	98
of which sugars	11
Fibre	12
Fat	38
of which saturated	12
Salt	0

Cook within: 4 days

Allergens: Egg Gluten Dairy Allium Tree-Nuts

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