

PESTO PASTA

Recipe by Ryan Riley | Chef - World Cancer Research Fund



20 Minutes



Serves 4 people

**Nutrition
per serving**

Calories
374

Fat
12.3g

Sugar
2g

Salt
0.2g

Ingredients

- ♥ 1 tablespoon pine nuts
- ♥ 1 lemon, zest and juice
- ♥ 2 large handfuls fresh basil
- ♥ 1 large handful fresh mint
- ♥ 1 red chilli
- ♥ 40g parmesan
- ♥ 2 tablespoons extra-virgin olive oil
- ♥ Freshly ground black pepper, to taste
- ♥ 300g dried wholemeal pasta, such as penne or rigatoni
- ♥ 100g rocket
- ♥ 3 tablespoons red wine vinegar



Method

- 1 In a small, dry frying pan over a medium heat, toast the pine nuts until they colour lightly.
- 2 Tip into a processor with the lemon zest and juice, and the herbs, chilli and parmesan and whizz until you have a rough paste. With the processor running, drizzle in the oil slowly until you have a vibrant green, loose pesto. Season to taste with black pepper and set aside.
- 3 Cook the pasta according to the packet instructions. Drain the pasta, reserving 2 tablespoons of cooking water, then add the pasta back to the pan with the reserved water and the pesto. Mix until combined.
- 4 Add the rocket into a mixing bowl, pour over the red wine vinegar and mix well. Fold the rocket leaves through the pasta and serve.