

Basil Pesto Pasta

with Peas, Spinach and Sun-dried Tomatoes

hellóchef

'Pesto' comes from the Genoese word 'pestâ', meaning to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

Cals 798 • Prot 30 • Carbs 133 • Fat 23

Vegan

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🕒 cook: 20 min

R3234



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Fusilli pasta 10*	250	375	500	Grams
Garlic cloves	1	1	2	Piece
Fresh basil	30	45	60	Grams
Pine nuts 2*	30	40	60	Grams
Cashew nuts 1*, 2*	40	60	80	Grams
Nutritional yeast	4	6	8	Grams
Lemon	1	1	2	Piece
Olive oil	4	6	8	Tbsp
Vegetable stock cube 15*	0.5	1	1	Piece
Salt	0.5	1	1	Tsp
Sun dried tomatoes	60	90	120	Grams
Baby spinach	40	60	90	Grams
Green peas	250	375	500	Grams

Allergens

***10 Wheat, *2 Tree Nuts, *1 Peanuts, *15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving*

Energy (kJ/kcal)	3336 / 798
Fat (g)	22.7
of which saturates (g)	2.4
Carbohydrate (g)	133
of which sugars (g)	18.4
Fiber (g)	16.8
Protein (g)	29.7
Salt (g)	2.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.



2 Blend pesto

Meanwhile, peel the **garlic**. To a food processor or blender, add the **basil, pine nuts, cashew nuts, nutritional yeast, garlic cloves, lemon** juice, **olive oil**, crumbled **stock cube** and **salt**. Blitz. This is your **pesto**.

Tip! Add a splash of water if the pesto needs help coming together!



3 Serve

Chop the **sun-dried tomatoes**. Return the drained **pasta** to the pot. Add the **pesto, baby spinach, sun-dried tomatoes** and **peas**. Mix thoroughly and warm over a low heat until the **spinach** has wilted and the **pasta** is warmed through. Serve immediately.