# **Basil Pesto Pasta**

with Peas, Spinach and Sun-dried Tomatoes

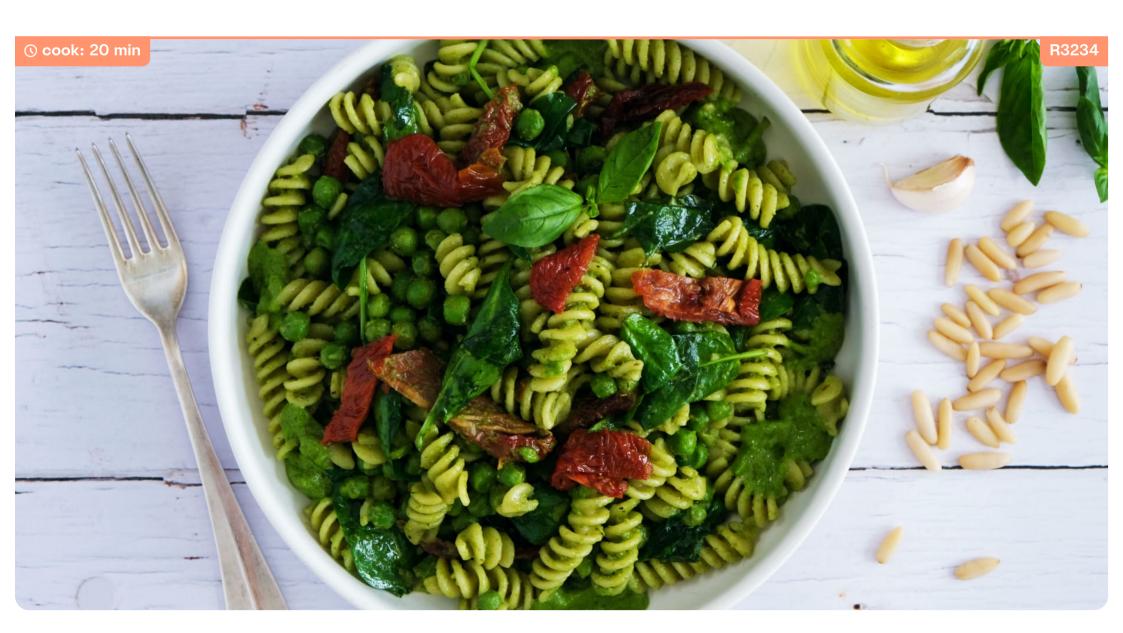
'Pesto' comes from the Genoese word 'pestâ', meaning to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

# hellóchef

Cals 798 • Prot 30 • Carbs 133 • Fat 23

Vegan

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#### Before you start

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

#### Ingredients

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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.

Per Serving*
3336 / 798
22.7
2.4
133
18.4
16.8
29.7
2.1

<sup>\*</sup>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.