BASIL PESTO *pasta*

There is nothing like a warm bowl of saucy pasta when you feel like some 'comfort food'!

This dish is the perfect example of how you can turn a simple pasta into a dish that still provides your body with the nutrients it needs. Super tasty and nutritious, this dish will satisfy on all levels.

It is quick to prepare and loaded with the healthy fats your brains and cells need to function optimally.

INGREDIENTS

- 400g gluten free pasta
- 50g fresh basil leaves
- 1/2 cup walnuts
- 1/2 cup pine nuts
- 2 garlic cloves, peeled and diced
- 2 tablespoons nutritional yeast
- 1 cup water
- 1/2 lemon juiced
- Salt & pepper to taste

INSTRUCTIONS

1. Cook your gluten free pasta as per instructions on package.

2. While the pasta is cooking, peel and dice your garlic cloves and squeeze the juice from half a lemon.

3. Place all your ingredients except the pasta into a high-speed blender and blend until smooth.

4. Warm the sauce in a saucepan over medium heat for about 5 minutes. Pour over cooked pasta and enjoy.

SERVES
4 PEOPLE

PREP TIME
1 MIN

COOK TIME
12 MIN

TOTAL TIME
13 MIN

NUTRITIONAL INFORMATION

MAKES 4 X 150G PORTIONS

EACH PORTION CONTAINS:

361 KCAL
8.8G PROTEIN
17.8G FAT
40.6G CARBS
3G FIBER

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