



BEC
BALDRY
WELLNESS

PESTO PASTA

SERVES 4

INGREDIENTS

- 500g spiral pasta
- 2 cups firmly packed fresh basil
- 2 large garlic cloves
- 1 tbsp lemon juice
- ¼ cup pine nuts
- ¼ cup hemp seeds
- ¼ cup nutritional yeast
- ¼ cup extra virgin olive oil
- ¼ cup water
- ⅛ tsp ground black pepper
- Sea salt, to taste

OPTIONAL

Serve with 500 cooked chicken
(shredded)

METHOD

1. Cook the spiral pasta according to package instructions.
2. Drain and set aside.
3. In a food processor, add the basil, garlic, lemon juice, pine nuts, hemp seeds and nutritional yeast. Blend until a thick paste forms.
4. With the motor still running, gradually pour in the olive oil, followed by the water. Finally, add in the pepper and a generous pinch of sea salt.
5. Stir pesto (and chicken, if using) through pasta and enjoy immediately. The pesto can also be stored in a jar in the fridge for up to 1 week and can also be used as a dip or spread.