

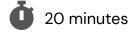




Pesto Pasta

with Grilled Lemon Greens

Fresh bucatini from Mancini Pasta, tossed through basil pesto and served with grilled lemon greens, mesclun leaves and walnuts.





2 servings



Spice it up!

Instead of wedging the lemon to serve, halve it and add it to the BBQ. Squeeze juice over finished pasta and greens. Sprinkle over some dried chilli flakes and serve with finely shaved parmesan.

PROTEIN TOTAL FAT CARBOHYDRATES

31g 39g

121g

FROM YOUR BOX

COURGETTES	2
BROCCOLINI	1 bunch
LEMON	1
WALNUTS	1 packet (20g)
FRESH LONG PASTA	1 packet (250g)
PESTO	1 jar
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove

KEY UTENSILS

BBQ, saucepan

NOTES

You can toast the walnuts in a dry frypan until golden.

Greens can be BBQ'd, cooked on a griddle pan or in a frypan.

No gluten option - bucatini is replaced with fresh gluten free pasta.



1. PREPARE THE INGREDIENTS

Bring a large saucepan of water to a boil.

Slice courgettes. Trim and halve broccolini.

Zest lemon to yield 1-2 tsp and crush garlic clove. Roughly chop walnuts (see notes).



2. GRILL THE VEGGIES

Heat a BBQ over medium-high heat with oil. Add courgettes and broccolini. Cook, turning occasionally, for 6-8 minutes until veggies are charred and tender (see notes).



3. COOK THE PASTA

Add pasta to boiling water. Cook for 2 minutes or until al dente. Reserve 1 1/2 cups cooking liquid. Drain pasta and return to pan (pan should be off the heat) along with reserved cooking liquid.



4. TOSS THE PASTA

Add pesto to pasta. Toss to combine.



5. SEASON THE VEGGIES

Toss veggies with 1 tbsp olive oil, lemon zest and crushed garlic. Season with salt and pepper.



6. FINISH AND SERVE

Wedge lemon.

Serve pasta and veggies on a platter. Sprinkle over chopped walnuts. Serve with fresh mesclun leaves and lemon wedges.



