



Product Spotlight: The Gluten Free Lab

Perth-based, The Gluten Free Lab, pride itself on being 100% CERTIFIED Gluten Free, catering for all lovers of the Italian cuisine. You can find some of their great products on our Marketplace.



Creamy Pesto Pasta

A comforting bowl of pasta coated in a creamy, nutty pesto, made with almonds, nutritional yeast and fresh basil, served over tender broccoli and kale for a comforting dinner.



35 minutes



Plant-Based



2 servings

Roast it!

Roast the broccoli and kale in the oven at 220°C until lightly charred, then fold through the pasta for deeper flavour.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	22g	54g

FROM YOUR BOX

ALMOND + NUTRITIONAL YEAST	40g
GF SPINACH CASARECCE	250g
LEMON	1
GARLIC CLOVES	2
KALE	1 bunch
BROCCOLI	1
BASIL	20g
PINE NUTS	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

frypan, saucepan, stick mixer or small blender

NOTES

Soaking the almond mix in hot water or just boiled water helps to soften the almonds quickly, speeding up the cooking time!

Spice it up by garnishing the finished dish with a sprinkle of dried chilli flakes, or a few slices of fresh, red chilli.



1. SOAK THE ALMONDS

In a bowl, soak the **almond + nutritional yeast mix** with **1/4 cup hot water** (see notes). Set aside to soak.



2. COOK THE PASTA

Bring a large saucepan of water to a boil. Add **pasta** to boiling water and cook for 2 minutes or until al dente. Reserve **1 cup cooking liquid** and drain **pasta**.



3. COOK THE VEGETABLES

Zest **lemon**, crush **1/2 garlic**, roughly chop **kale leaves**, and cut **broccoli** into florets. Heat a frypan over medium-high heat with **oil**. Add **garlic**, **lemon zest**, **broccoli** and **kale**. Sauté for 3-5 minutes until **veggies** are tender. Season to taste with **salt and pepper**.



4. BLEND THE PESTO

Add **3/4 basil**, **juice from 1/2 lemon** (wedge remaining), **remaining garlic** and **2 tbsp olive oil** to **almond mix**. Use a stick mixer to blend to smooth consistency.



5. TOSS THE PASTA

Return **pasta** to pan. Add **pesto** and **1/2 cup cooking liquid**. Mix to coat **pasta**. Add extra **cooking liquid** as necessary to loosen the **pesto**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly tear or chop remaining **basil leaves**.

Divide **creamy pesto pasta** among shallow bowls. Top with **cooked vegetables** and **pine nuts**, garnish with **basil** and serve with **lemon wedges** (see notes).



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