

hemp & walnut pesto pasta



serves 3

ingredients:

250g dried spaghetti
4-5 portobello mushrooms, sliced
1 onion, diced
3-4 cloves garlic, diced
10 cherry tomatoes, halved

pesto:

1 C baby spinach
2 C basil leaves
1/3 C walnuts
1/4 C hemp hearts
juice of 1 lemon
pinch pink salt and cracked pepper
1/4 C EVOO*
1 Tbsp nutritional yeast

*Item not available online but is available in your local GoodFor store.

method:

Place all pesto ingredients into a food processor and blend until combined. Set aside.

Bring a large pot of salted water to the boil. Once boiling, add the spaghetti and cook for 10 minutes, or until al dente.

Bring a medium-sized fry pan to medium heat with a little evo. Fry the onion and garlic until soft and translucent. Add the mushrooms and cherry tomatoes and cook for a few minutes, stirring to combine.

Once the pasta is cooked, drain reserving a little of the pasta water. Add drained pasta to the fry pan and fold through the pesto.

Add a little pasta water to loosen if required. Season with salt and pepper, to taste.

