



*Starting out with Sacla'*

PESTO RECIPES FOR STUDENTS

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Find more recipes to enjoy at [sacla.co.uk](http://sacla.co.uk)

## Let's get cooking!

For many of you, this will be the first time that you are living away from home. Deciding on meals to cook at university that are quick, affordable and healthy can be difficult.

We have created this book with our favourite mouth-watering recipes that allow you to experiment with Pesto and make your life at university a lot easier.

Below you'll find some of our favourite Pesto Pasta recipes, and the rest of the recipes will teach you how to experiment with Pesto in new ways.

v• BUON APPETITO •

### Pesto Pasta Alla Genovese

Pesto, fresh green beans & potatoes... just as the Italians do it.



### Roasted Broccoli, Olive Pesto & Mozzarella Pasta

Fresh, easy and super speedy... roasted broccoli, lemon and rich Mozzarella with a generous helping of Olive Pesto.



### Penne with Basil Pesto, Pancetta & Parmesan

Pesto, crispy pancetta, fruity olives and a shower of grated Parmesan... now that's some mid-week magic.



### Chicken, Pesto & Asparagus Tagliatelle

Chicken, Tomato Pesto and asparagus... what could be easier?





# Garlic Pesto Toast

This Garlic Pesto Toast is made within minutes and it's packed with flavour for a delicious savoury start to the day.

## Key info



Serves: 1-2



Prep time: 15 minutes



Cooking time: 4-6 minutes



Get-ahead: up to 8 hours before, prepare the garlic, parsley, spring onion & Parmesan



Freezable: No



## How to make Garlic Pesto Toast

### Ingredients

-  1 large egg
-  1 tbsp milk
-  2 tbsp Sacla' Classic Basil Pesto
-  1 large clove garlic, peeled & crushed
-  1 spring onion, finely chopped
-  1 tbsp roughly chopped flat-leaf parsley, optional
-  2-3 slices thick white bread, halved
-  4 heaped tbsp of finely grated Parmesan, optional
-  1 tbsp olive oil

### You will need...

Chopping board, Medium-sized sharp knife, Shallow dish, Fork, 2 large plates, Large non-stick frying pan, Spatula, Kitchen paper, Measuring spoons

**1** In a shallow dish wide enough for a slice of bread, lightly beat together the egg, milk, Basil Pesto, garlic, spring onion, parsley, (if using) and some salt & pepper.



**2** Put both sides of the bread into the egg mixture to soak up some of the liquid – don't leave it to soak too long or it will be too soggy. Place on a plate.



**3** Sprinkle the Parmesan cheese on a plate and dip the bread to coat on both sides.



**4** Pour the oil into a large frying pan and put it over a moderate heat. Fry the bread, in batches, for 2-3 minutes on each side, flipping them with a spatula.



**5** The Garlic Pesto Toast is ready when golden brown and slightly crisp. Remove onto kitchen paper to briefly drain, then serve.



### On the side

Serve with an Avocado, Rocket & Cherry Tomato salad





# Easy Italian Breakfast Pesto Frittata

# 2



This protein-rich egg frittata is great for all occasions; whether it's for a solo breakfast, brunch with friends or a quick grab and go.

## Key info



Serves: 4



Prep time:  
20 minutes



Cooking time:  
15 minutes



Get-ahead:  
make 1-2 days  
before



Freezable: No

## How to make

# Easy Italian Breakfast Pesto Frittata

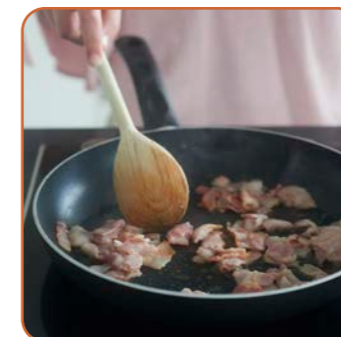
## Ingredients

-  4 rashers streaky bacon
-  1 tbsp olive oil
-  6 large eggs
-  3 tbsp Sacla' Classic Basil Pesto
-  75g roasted red pepper from a jar, drained & roughly chopped
-  90g cheddar cheese, roughly grated
-  2 slices thick white bread, cut into 1cm cubes
-  1 level tbsp roughly chopped flat-leaf parsley, optional

## You will need...

Chopping board, Medium-sized sharp knife, Colander or sieve, Medium-sized non-stick frying pan, Tablespoon, Wooden spoon, Medium-sized mixing bowl, Fork, Plate, Measuring spoons

**1** Roughly chop the bacon into small pieces.



**2** Pour the olive oil and the bacon in a medium-sized frying pan over a moderate heat.

Fry for 4-5 minutes or until crisp and golden, stirring occasionally with a wooden spoon. Remove from the heat.



**3** In a mixing bowl, lightly beat the eggs and the Basil Pesto together with a fork and season with pepper.

Stir in the red peppers, 60g of the grated cheese, the bread and parsley. Add the bacon but leave the oil in the pan.



**4** Put the pan back on a low to moderate heat, pour in the egg mixture and cook for 5-6 minutes until it's a rich golden brown on the bottom and until the egg looks set around the edges. It will still be a little runny on the top.

**5** Preheat the grill, setting the shelf on high. Make sure the frying pan will fit underneath.

**6** Scatter the frittata with the rest of the cheese then grill for 3-4 minutes to cook the top and until golden.



If the frying pan handle isn't heatproof, be careful not to push it under the grill.



Remove the pan from the grill and turn it out onto a plate and leave to cool a little before serving.

## On the side

Serve with a rocket salad.





# Roasted Pesto Squash

3



This Italian-style roasted butternut squash is packed with amazing flavours for a tasty mid-week treat.

## Key info

Serves: 2

Prep time: 15 minutes

Cooking time: 1 hour

Get-ahead: up to 8 hours before, prepare the squash & seeds ready to bake; make the Pesto cream; grate the cheddar

Freezable: No

## How to make Roasted Pesto Squash

### Ingredients

#### For the Squash:

- 1 butternut squash, about 1.25kg
- 1 tbsp olive oil
- 150ml double cream
- 1 medium clove garlic, peeled & crushed
- 2 tbsp Sacla' Classic Basil Pesto
- 50g cheddar cheese, roughly grated
- Pepper

#### For the Seeds:

- Seeds removed from the squash, about 25-30g
- 1 tablespoon olive oil
- Salt & pepper

### You will need..

Measuring jug, Chopping board & damp tea towel, Small sharp knife, Grater, Large sharp knife, Tablespoon, Sieve or colander, Kitchen paper, 1 medium-sized baking tray, roasting tin or ovenproof serving dish, Small bowl, 1 small baking tray or roasting tin, Wooden spoon, Measuring spoons

**1** Preheat the oven to 200°C/180°C Fan/Gas 6.

**2** As the squash is tough to cut, for safety's sake, place the damp tea towel beneath a chopping board to stop it from slipping.



Cut the squash lengthways in half, but don't cut off the ends, then scoop out the seeds with a spoon and transfer them to a sieve or colander.



**3** Rinse the seeds with water, pulling off any of the squash flesh and strings. Tip them onto some kitchen paper to dry while you prepare the squash.



**4** Using a small sharp knife score the flesh in a criss-cross pattern which, apart from looking decorative, helps the heat get to the interior and cook more quickly.

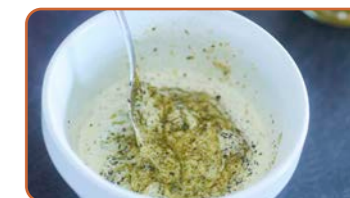
**5** Rub the squash all over with the olive oil and season with salt & pepper. Place the cut sides facing upwards in a baking tray, roasting tin or ovenproof serving dish.

**6** Cook on the middle shelf of the oven for about 50 minutes until the squash are really soft and tender when poked with a small sharp knife and the outsides are golden brown.

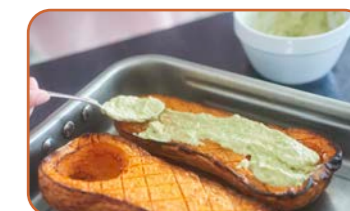


**7** In a small bowl, mix the squash seeds with the oil and salt & pepper. Tip them on to the baking tray or roasting tin, spreading them out in a single layer.

Bake on the lower shelf of the oven for 15-20 minutes, stirring halfway through with a wooden spoon, until crisp and lightly coloured. Remove and leave to cool.



**8** Combine the cream, Basil Pesto and garlic together in a small bowl and season with pepper.



**9** Remove the squash from the oven, pour the Pesto cream onto the squash and sprinkle over the cheese.

Bake for another 8-10 minutes until hot and bubbling. Remove, scatter with a few of the roasted seeds (store the rest in an airtight container to use on salads or as a nibble) and serve.



### Make it plant-based

Use Sacla' Vegan Ch\*\*se Sauce instead of double cream, Sacla' Vegan Basil Pesto instead of Classic Basil Pesto and Vegan cheese instead of regular cheese.

### On the side

Serve with a rocket salad & crusty bread or dip with quinoa chips!





# Frying Pan Pesto Pizza

4



This pizza recipe is a life-saver at uni. It tastes great, and costs a fraction of the price of a pizza delivery!

## Key info



Makes:  
1 x 25cm pizza



Prep time:  
8-10 minutes



Resting time:  
15-20 minutes



Cooking time:  
6 minutes



Get-ahead: up to  
8 hours before,  
make the dough



Freezable:  
the dough






## How to make Frying Pan Pesto Pizza

### Ingredients

#### For the base:

-  125g plain flour, plus extra for dusting
-  1 tsp baking powder
-  ¼ tsp salt
-  ½ tbsp olive oil
-  70-75ml water

#### For the topping:

-  75g Mozzarella, thinly sliced or torn into pieces
-  6 cherry tomatoes, halved
-  A few basil leaves, optional
-  Pepper
-  2 tbsp Sacla' Classic Basil Pesto

### You will need...

Measuring jug, Chopping board, Small sharp knife, Medium-sized mixing bowl, Fork, Recyclable silicon cling film, (beeswax wrap or similar) Kitchen paper, Large non-stick frying pan, Rolling pin, Spatula, Tablespoon, Teaspoon, Weighing scales

**1** To make the dough, combine the flour, baking powder and salt in a bowl. Make a well in the centre, add the oil and, to start with, add 70ml of the water. Using a fork or your hand, mix together to make a dough that's soft but not sticky. If there are stray bits of dry dough, you'll need to add the extra 5ml (1 tsp) of water to bring it together.



**2** Turn the dough out on to a very lightly floured surface and knead it by rolling it backwards and forwards, using your left hand to pull the dough towards you and the heel and knuckles of your right hand to push it away from you at the same time. Do this for 3-4 minutes until it's soft, smooth and springy.

**3** Wrap the dough loosely in cling film or a beeswax wrap and leave it to rest for 15-20 minutes. This is important as it makes the dough much easier to roll out, otherwise you'll find that it constantly springs back.

**4** While the dough is resting, dry the prepared Mozzarella well on kitchen paper to stop the excess liquid making the dough soggy.

**5** Put the frying pan over a medium-high heat for 2-3 minutes to heat up while you roll out the dough. Having the pan at the right temperature means the dough will quickly rise and therefore be light and airy.



**6** Using a rolling pin on a lightly floured surface, roll the dough out really thinly and into a circle about ½cm thick.

It needs to fit into the frying pan, so should be 24-25cm in diameter or about the size of a dinner plate. Lightly prick it all over with a fork to stop it from puffing up too much.



**7** Carefully lift the rolled-out dough into the pan and cook for 2-2 ½ minutes, by which time the dough should be cooked and set on the underside, with a mixture of charred and golden patches. You'll find it quickly puffs up and creates lots of air bubbles. If it doesn't, turn the heat up a bit. There's no need to oil the pan.

**8** Preheat the grill, setting the shelf on high. Make sure the frying pan will fit underneath. If the handle isn't heatproof, be careful not to push it under the grill.

**9** Using a spatula, flip the dough over and cook for a further 1½-2 minutes until this side is also set.



Take the pan off the heat. Spoon the Pesto onto the dough, spreading it to within 1cm of the edges, then arrange the Mozzarella on top.



**10** Cook under the grill for about 1½-2 minutes or until everything is bubbling and hot. Watch that the edges of the dough don't burn.

**11** Remove, slide on to a plate, top with the cherry tomatoes, grind over some pepper and scatter over fresh basil leaves, if using. Serve.

### Make it plant-based



Use Sacla' Vegan Basil Pesto instead of Classic Basil Pesto and non-dairy Mozzarella-style cheese instead of the Mozzarella.

### On the side

Serve with a rocket salad.







A perfect sharing dish for flatmates before a night out.

Key info



Serves: 6-8



Prep time: 30 minutes



Cooking time: 20 minutes



Get-ahead: up to 8 hours before, prepare all the different stages ready to assemble & bake



Freezable: No

# How to make Loaded Pesto Nachos

## Ingredients

### For the Beans:

- 3 rounded tsp ground cumin
- 400g tin black beans, drained, but save 8 tbsp of the liquid
- 2 tbsp Sacla' Fiery Chilli Pesto
- Salt

### For the Tomato Salsa:

- 2 tbsp Sacla' Fiery Chilli Pesto
- 2 medium tomatoes, roughly chopped
- ¼ cucumber, roughly chopped
- 3 spring onions, ends trimmed & finely sliced

### For the Pesto Guacamole:

- 2 medium ripe avocados
- 2 tbsp Sacla' Classic Basil Pesto

### For the Tortilla Chips:

- 2 x 185g packs tortilla chips
- 100g Cheddar cheese, roughly grated

### For the Toppings:

- 100g Feta, crumbled into large pieces
- 2 tbsp coriander, roughly chopped, optional

## You will need...

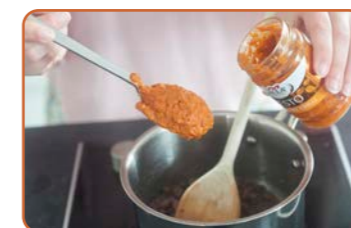
Sieve or colander, Tablespoon, Chopping board, Medium-sized sharp knife, Box grater, Small saucepan, Wooden spoon, 2 small bowls, Dessert spoon, Fork, Large baking tray or ovenproof serving dish

**1** Put the cumin in a small saucepan over a low heat and toast for 1-2 minutes to bring out its fragrance.



**2** Add the black beans, the reserved bean liquid and the Chilli Pesto.

Simmer for 8-10 minutes until it's thickened up but still nicely loose, stirring occasionally with a wooden spoon. Season with salt.



**3** Crush the beans with the back of the spoon to break them up a bit and make them easy to scoop with the tortilla chips.



**4** Preheat the oven to 200°C/180°C Fan/Gas 6.

**5** For the salsa, combine the Chilli Pesto, tomatoes, cucumber and spring onions in a bowl



**6** Make the guacamole next. Halve the avocados, discard the stones and use a dessert spoon to scoop out the flesh into a bowl.

Roughly crush with a fork and lightly mix in the Basil Pesto.



**7** Tip the tortilla chips into a large baking tray or serving dish, spread them out, spoon over the black bean mixture then scatter over the Cheddar. Bake on the middle shelf of the oven for 10 minutes until the cheese is bubbling and melted.



**8** Remove, then spoon the guacamole and the salsa over the tortilla chips, followed by the Feta and coriander, if using, and serve.



## Make it plant-based



Use Sacla' Vegan Chilli Pesto instead of Fiery Chilli Pesto and Sacla' Vegan Basil Pesto instead of Classic. Use non-dairy Cheddar-style cheese instead of the Cheddar and non-dairy Feta-style cheese for the Feta.



# Pesto Spaghetti Meatball Soup

This is a perfect comfort meal for you to come home and enjoy after a long day at university.


A bonus is that it can be part of your meal prep for the week. Make in bulk and store in the fridge!

## Key info

 Serves: 2

 Prep time: 15 minutes

 Cooking time: 25 minutes

 Get-ahead: make 1 day before

 Freezable: Yes



6

## How to make Pesto Spaghetti Meatball Soup

### Ingredients

-  1 tbsp olive oil
-  12 beef meatballs, about 300g
-  1 medium onion, peeled & finely diced
-  1 medium clove garlic, peeled & crushed
-  190g jar Sacla' Sun-Dried Tomato Pesto
-  500ml boiling water
-  1 level tsp dried oregano
-  100g spaghetti
-  2 tbsp finely grated Parmesan
-  1 tbsp roughly chopped flat-leaf parsley, optional
-  Salt & pepper

### You will need...

Chopping board, Medium-sized sharp knife, Measuring jug, Tablespoon, Large saucepan, Wooden spoon, Plate

**1** Pour the oil into a large saucepan over a moderate heat. Add the meatballs and cook for about 5 minutes until lightly browned, stirring occasionally with a wooden spoon. Lift out to a plate with a spoon.



**2** Add the onion and garlic to the pan. You may need to add a little more oil if the meatballs aren't particularly fatty.

Cook over a low heat for 8-10 minutes until softened and golden. Stir from time to time.



**3** Snap the spaghetti into four.



**4** Spoon the Sun-Dried Tomato Pesto into the pan, along with the boiling water. Add the meatballs, spaghetti and the oregano. The liquid should nicely cover everything.



**5** Bring to the boil and then simmer for 10 minutes or until the spaghetti is just cooked and al-dente and the mixture is nicely soupy. Add a little more boiling water if it needs it. Season with salt and pepper.

**6** To serve, ladle into warm bowls, sprinkle with Parmesan and parsley, if using.

### Make it plant-based



Use plant-based meatballs instead of beef meatballs, Sacla' Vegan Tomato Pesto instead of Sun-Dried Tomato Pesto and non-dairy Parmesan-style cheese instead of Parmesan.

### On the side

Serve with crusty bread.





# Creamy Pesto Caprese Risotto

7



Who doesn't love a risotto?

This is a go-to meal as it includes ingredients that you are likely to have.

As a bonus it is low-effort, almost no-stir risotto needing very little attention, unlike classic risotto. Perfect for your busy days!

## Key info



Serves: 1



Prep time: 15 minutes



Cooking time: 30 minutes



Get-ahead: up to 8 hours before, prepare the onion & mozzarella



Freezable: No

## How to make

# Creamy Pesto Caprese Risotto

## Ingredients

-  1 tbsp olive oil
-  1 small onion, peeled & finely chopped
-  60g arborio risotto rice
-  3 tbsp Sacla' Sun-Dried Tomato Pesto
-  350ml boiling water, plus extra if needed
-  75g Mozzarella, roughly torn or chopped
-  5 cherry tomatoes, halved, to serve
-  Few basil leaves, optional
-  Salt & pepper

## You will need..

Chopping board, Medium-sized sharp knife, Measuring jug, Medium-sized frying pan, Wooden spoon, Tablespoon

**1** Pour the oil in a frying pan over a low heat. Add the onion and cook very slowly for 8-10 minutes until soft and translucent, stirring occasionally with a wooden spoon.

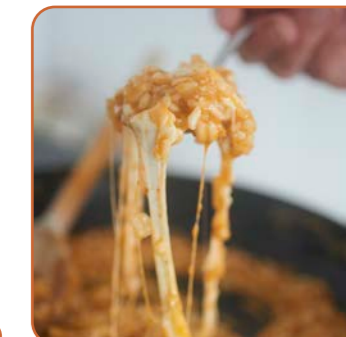


**2** Add the rice, then add the Sun-Dried Tomato Pesto and boiling water. Give it a good stir.

Bring to the boil, then turn the heat down to a slow simmer. Leave to gently bubble away, stirring from time to time, for 20-22 minutes, until the rice is just cooked, but has a little 'bite' and the mixture is 'soupy' – that is, quite loose but not liquid. Add some boiling water if it needs it.



**3** Stir in the Mozzarella during the last 2 minutes, until the Mozzarella has just melted. Season with salt and pepper.



**4** Remove from the heat, spoon into a warm bowl, top with the cherry tomatoes and basil, if using, and serve.



## Make it plant-based



Use Sacla' Vegan Tomato Pesto instead of Sun-Dried Tomato Pesto & use non-dairy Mozzarella-style cheese instead of the Mozzarella.





# One-Pot Pesto Chicken Kiev

8



Who doesn't love a Chicken Kiev?

This one-pot meal is irresistible. The wafer-thin potatoes will bring out your chef skills and the garlic adds a burst of flavour.


And what's even better than a great tasting meal? Only one pot to wash up!

## Key info

 Serves: 2

 Prep time: 25 minutes

 Cooking time: 40-45 minutes

 Get-ahead: up to 2 hours before, prepare the Kiev dish ready to cook; make the crumb mixture

 Freezable: No

## How to make One-Pot Pesto Chicken Kiev

### Ingredients

#### For the Chicken Kiev:

-  425g red or white potatoes, skins left on & very thinly sliced
-  1 small onion, peeled, halved & thinly sliced
-  2 tbsp olive oil
-  200ml boiling water
-  2 tbsp finely grated Parmesan
-  2 boneless skinless chicken thighs, about 225g, trimmed of any excess fat & sinew
-  2 tbsp Sacla' Sun-Dried Tomato Pesto

#### For the Crumbs:

-  ½ slice thick sliced white bread, about 25g
-  1 tbsp olive oil
-  1 medium clove garlic, peeled & crushed
-  1 tbsp roughly chopped parsley, optional
-  Salt & pepper

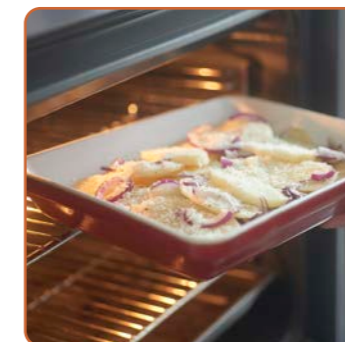
### You will need...

Chopping board, Medium-sized sharp knife, Measuring jug, Box grater, Small baking tray, roasting tin or ovenproof serving dish, approx. 1.75 litre capacity or 20x30cm, Small bowl, Tablespoon, Large plate, Dinner knife

**1** Preheat the oven to 220°C/200°C Fan/Gas 7.



**2** Combine the potatoes and onion in the baking tray, roasting tin or ovenproof dish with the olive oil and some salt and pepper. Toss everything together and flatten it out to make a thin layer, otherwise it will take longer to cook. Pour on the boiling water, then sprinkle over the Parmesan.



**3** Bake on the middle shelf of the oven to start the cooking while you prepare the chicken. It will probably be in the oven for about 15 minutes while you do that.

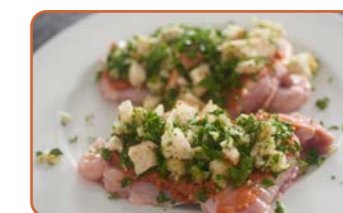
**4** Make the crumb mixture next. Either roughly chop the bread or tear it into very small pieces. Combine in a bowl with the olive oil, garlic, parsley, if using, and some salt and pepper.



**5** Flatten the thighs out on a plate, use a knife to spread the Pesto on top.



Then spoon on the garlic crumb mixture, lightly pressing it on so it sticks to the Pesto.



**6** Remove the potato dish from the oven, place the chicken on top, return to the oven and cook for 25-30 minutes until the potatoes are tender, the chicken is cooked through with no pink juices remaining and the crumbs are crisp and golden.



**7** Remove and serve.



### Make it plant-based



Use a plant-based substitute to the chicken fillets such as portobello mushrooms and use Sacla' Vegan Tomato Pesto instead of Sun-Dried Tomato Pesto.

### On the side

Serve with broccoli, spinach or peas.



# Vegan Pesto Risotto with Garlic Crumbs

9



This is a super-healthy, almost no-stir, no-cheese risotto delicately flavoured with healthy courgettes.

## Key info

Serves: 1

Prep time: 15 minutes

Cooking time: 30-35 minutes

Get-ahead: up to 8 hours before, prepare the onion, garlic & courgette; make the garlic crumb mixture

Freezable: No

## How to make Vegan Pesto Risotto with Garlic Crumbs

### Ingredients

#### For the Risotto:

- 1 tbsp olive oil
- ½ small onion, peeled & finely chopped
- 1 small clove garlic, peeled & crushed
- 60g arborio risotto rice
- 350ml boiling water, plus extra if needed
- 75g courgette, ends trimmed & roughly grated
- 200ml boiling water
- 30g frozen peas, about 3 tbsp
- 2 rounded tbsp Sacla' Vegan Basil Pesto
- Salt & pepper

#### For the Crumbs:

- ½ slice thick sliced white bread, about 25g
- 1 tbsp olive oil
- 1 medium clove garlic, peeled & crushed
- Salt & pepper

### You will need...

Chopping board, Medium-sized sharp knife, Measuring jug, Box grater, Medium-sized saucepan, Wooden spoon, Small non-stick frying pan

**1** Pour the oil in a saucepan over a low heat. Add the onion and garlic and cook very slowly for 8-10 minutes until soft and translucent, stirring occasionally with a wooden spoon.



**2** Either roughly chop the bread or tear it into very small pieces. Combine the oil, garlic and pieces of bread in a frying pan over a low heat. Fry for 4-5 minutes, stirring occasionally with a wooden spoon, until crisp and golden. Season with salt and pepper and set aside.



**3** Add the rice to the onion mixture, then add the boiling water and give it a good stir.

Bring to the boil, then turn the heat down to a slow simmer. Leave to gently bubble away, stirring from time to time, for 20-22 minutes, until the rice is just cooked, but has a little 'bite' and the mixture is 'soupy' – that is, quite loose but not liquid. Add some boiling water if it needs it.



**4** Stir in the courgettes and peas during the last 2 minutes just enough to cook them, but to keep their fresh green colour.



**5** Remove from the heat. Stir in the Basil Pesto, season with salt & pepper, spoon into a warm bowl, scatter over the crumbs, and serve.

### Make it for meat lovers On the side



Use Sacla' Classic Basil Pesto instead of Vegan Basil Pesto, scatter over pieces of streaky bacon and stir in grated Cheddar cheese.

Serve with a rocket, green or tomato salad.





# Vegan Roasted Vegetable Pesto Shawarma

Shawarma is typically spit-roasted, spiced and marinated chicken or lamb but we've used lots of lovely colourful veg instead.

## Key info



Serves: 2



Prep time: 25 minutes



Cooking time: 40 minutes



Get-ahead: up to 8 hours before, prepare all the vegetables ready to cook; make the garlic yoghurt & the crispy chickpeas



Freezable: No

10



## How to make

# Vegan Roasted Vegetable Pesto Shawarma & Crispy Chickpeas

## Ingredients

### For the Vegetables:

- 4 small carrots, scrubbed or peeled & halved lengthways
- 6 small new potatoes, skins left on, halved
- 1 red pepper, deseeded & quartered
- 2 small red onions, peeled, halved & each cut into 3
- 2 small courgettes, trimmed & cut lengthways into 4
- 4 tbsp olive oil
- 2 tsp ground cumin
- Salt & pepper
- 190g jar Sacla' Vegan Tomato Pesto

### For the Chickpeas:

- 400g tin chickpeas, drained & rinsed
- 1 tbsp olive oil
- 1 tsp ground cumin
- Salt & pepper

### For the Garlic Yoghurt:

- 6 tbsp dairy-free coconut yoghurt
- 1 small clove garlic, peeled & crushed
- Salt & pepper

### To serve, optional:

- 2 medium-sized wraps
- A drizzle of olive oil
- Large pinch of sweet smoked paprika

## You will need...

Chopping board, Vegetable peeler, Medium-sized sharp knife, Tin opener, Sieve or colander, Large roasting tin or ovenproof dish, Plate, Foil, Medium-sized baking tray, Tablespoon, Kitchen paper, Small bowl

**1** Preheat the oven to 240°C/220°C Fan/Gas 8.



**2** Toss all the vegetables together in the large roasting tin or ovenproof dish with 2 tbsp of the oil, the Tomato Pesto, cumin, paprika, and salt & pepper.

As the pepper and courgettes will take less time to cook than the other vegetables, remove them to a plate to cook later.

**3** Cover the tin or dish with foil and roast on the middle shelf of the oven for 25 minutes, using a spoon to turn everything in the oily juices after 15 minutes.

**4** Dry the chickpeas on kitchen paper, discard any skins which come off, then place on a baking tray. Drizzle with the oil, sprinkle over the cumin, season with salt & pepper and shake well to coat with the oil and seasonings.



Bake in the oven for 30 minutes. Shake a couple of times so the chickpeas cook evenly until crisp and golden.

**5** Add the courgettes and pepper to the rest of the vegetables and drizzle with the remaining 2 tbsp of oil. Cover again with foil. Cook for 15 minutes or until everything is golden and

tender when poked with the tip of a sharp knife.

**6** Mix the yoghurt, garlic, and seasoning together in a bowl. If it's too thick to drizzle, just stir in a splash of cold water to get the right consistency.



**7** Warm the wraps, if using, directly on one of the oven shelves for 1 minute.

**8** To serve, put the wraps on plates, divide half the yoghurt between them and arrange all the vegetables on top. Scatter over the chickpeas, drizzle with the rest of the yoghurt, a little oil, and sprinkle with the paprika.



## Make it for meat lovers On the side



Use Sacla' Sun-Dried Tomato Pesto instead of the Vegan Tomato Pesto, dry-fry some Halloumi to make golden croûtons and use Greek yoghurt instead of dairy-free.

Serve with a green or rocket salad.





Paella is typically made with rice, but in this recipe we have used pasta.

It's a Valencian dish known as fideuà and makes a marvellous one-pot meal.

Key info

Serves: 4-6

Prep time: 30 minutes

Cooking time: 25 minutes

Get-ahead: up to 8 hours before, prepare the onion, garlic, peppers, artichokes, courgettes & parsley; snap the spaghetti

Freezable: No

# How to make Vegan Veggie Pesto Pasta Paella

## Ingredients

- 2 tbsp olive oil
- 1 medium onion, peeled & finely chopped
- 2 medium cloves garlic, peeled & crushed
- 190g jar Sacla' Vegan Chilli Pesto
- 190g jar Sacla' Vegan Tomato Pesto
- 110g roasted red peppers from a jar, drained, cut into chunks
- 200g chargrilled artichokes from a jar, drained, halved if large
- 350g spaghetti, snapped into 4
- 850ml boiling water
- 150g courgettes, cut into small chunks
- 100g frozen peas
- 1 heaped tablespoon roughly chopped parsley, optional
- Vegan Garlic Mayonnaise
- Salt

## You will need..

Chopping board, Medium-sized sharp knife, Measuring jug, Colander or sieve, Tablespoon, Large frying pan, Wooden spoon

**1** Heat the oil in a large frying pan over a lowish heat. Add the onion and garlic and cook slowly for 10 minutes until softened and translucent, stirring occasionally with a wooden spoon.



**2** Increase the heat slightly, add the Vegan Chilli Pesto, the Tomato Pesto, red peppers and artichokes and mix well.



**3** Next, add the spaghetti and stir well to coat with the oily juices.



**4** Pour over the boiling water which should just about cover everything but particularly the spaghetti. Season with salt. Simmer for 6 minutes, stirring occasionally so the spaghetti cooks evenly.

**5** After 6 minutes, stir in the courgettes as you want them to still retain their colour and texture. Cook for a further 4 minutes.



**6** The Paella is ready when the spaghetti is al-dente and most of the water has been absorbed but there's still some liquid remaining as the pasta will continue absorbing it. Add more boiling water if it's looking a bit dry.

**7** Turn off the heat, scatter over the peas pushing them down into the pasta as they'll cook in the residual warmth. Sprinkle with parsley, if using, and serve with the garlic mayonnaise to stir into the pasta.



## Make it for Meat & Fish Lovers

Use Sacla' Sun-Dried Tomato Pesto and Sacla' Fiery Chilli Pesto instead of their Vegan alternatives.

For a fishy version, add squid rings or peeled prawns five minutes before the end of the cooking time. For a meaty version, add diced cooking Chorizo or strips of cooked skinless chicken breast at the same time as the spaghetti.

## On the side

Serve with a green leaf salad.





After cooking the rice, this recipe is an assembly of delicious ingredients.

You can have it on the table in 15 minutes for a great speedy supper.

Key info

 Serves: 2

 Prep time: 5 minutes

 Cooking time: 10 minutes

 Get-ahead: up to 6 hours before, make the rice-chickpea mixture

 Freezable: No

# How to make Vegan Pesto Spiced Rice

## Ingredients

-  80g basmati rice
-  400g tin chickpeas, drained & rinsed
-  190g jar Sacla' Vegan Chilli Pesto
-  4 tbsp non-dairy coconut yoghurt
-  2 tbsp Mango Chutney
-  2 tbsp Bombay Mix
-  A few coriander leaves, roughly chopped, optional
-  Salt

## You will need...

Sieve, Large saucepan with lid, Fork, Tablespoon, Chopping board, Medium-sized sharp knife, Measuring spoons

**1** Put the rice in a sieve and rinse it under running cold water, swishing it around until the water runs clear and the starch has been washed off – this ensures the grains stay separate.



Put the rice in a pan and cover with double the volume of cold water: 240ml. Add some salt.

**2** Bring the rice to the boil. Give it a quick stir with a fork, reduce the heat to its lowest, cover with a lid and cook for 10 minutes, by which time all the water will have been absorbed.



Sometimes you'll find that the liquid bubbles up and over. If so, just briefly lift the lid to stop that from happening. Add the chickpeas in the last 4 minutes to heat through.

**3** Remove from the heat. Using a fork, not a wooden spoon or you'll break the rice grains, carefully stir in the Chilli Pesto, adding a splash of boiling water to loosen the rice if you need to.



**4** Spoon the rice-chickpea mixture into warm bowls, top with the yoghurt, then the mango chutney, and scatter over the Bombay Mix and the coriander, if using.



## Make it for meat lovers



Use Sacla' Fiery Chilli Pesto instead of Vegan Chilli Pesto.

Add small cubes of raw skinless chicken breast along with the rice and swap non-dairy coconut yoghurt for Greek yoghurt.

## On the side

Serve with a warm naan or pitta bread.





*Truly Madly Deeply Italian*

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