

MEDITERRANEAN STYLE PESTO PASTA

WITH MIXED OLIVES, SUNDRIED TOMATOES,
BUTTER BEANS, & TOASTED SEEDS

2



YUM JAR

ALL TASTE
ZERO WASTE

METHOD

1. Add the fusilli to a large pot of boiling water with a pinch of salt. Boil for 9-10 minutes, or until 'al dente' - firm to the bite, or your preferred pasta texture. Drain through a colander and set aside.

2. Meanwhile, wash the vegetables and pat dry. Strip Kale leaves from the stalk and chop into pieces around 3-4 cm. Finely chop the stalk into thin circles. Chop the Celery across the grain into thin sections, or dice into 1 cm cubes.

3. Heat a drizzle of oil in a frying pan at a high heat. When the oil is hot, fry the kale for 3-4 minutes, stirring occasionally, until it is vibrant green, and golden and crispy at the edges.* Remove from the heat and set aside in a bowl.

*If you prefer raw kale, leave it raw.

4. Drain and rinse the Butter Beans. Add them and the Mixed Olives & Sundried Tomatoes to the frying pan and fry at a medium heat for 2-3 minutes. Add in the cooked fusilli pasta and mix together, then add the Pesto and stir in to coat everything well. Turn off

the heat within a minute of adding the pesto. Taste and season the pasta with salt and pepper. Add in the Kale and Celery and mix well.

5. Serve Pesto Pasta in dinner bowls topped with the Toasted Seeds. Optionally, add some of your favourite cheese on top.

INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

1 Cup Fusilli (or Granoro gluten free fusilli)
1/2 Celery stalk
1 Kale Stalk
1/4 Cup Butter Beans in water
1/4 Cup Mixed Olives & Sundried Tomatoes
1/4 Cup Pesto
2 Tbsp Toasted Seeds

EXTRAS

(not supplied)

Salt, pepper, olive oil.
Optional: your preferred cheese.

JAR INGREDIENTS

Mixed Olives & Sundried Tomatoes: kalamata olives, green olives, sundried tomatoes, extra virgin olive oil.

Pesto: garlic, fresh basil, fresh parsley, baby spinach, celery leaves, dijon mustard, lemon juice, nutritional yeast, salt, mixed spices, cashew nuts, pine nuts, sunflower seeds, pumpkin seeds, extra virgin olive oil.

Toasted Seeds: sunflower seeds, pumpkin seeds.

ALLERGENS

Gluten (unless your box is gluten free), tree nuts.