

# Pea Pesto Pasta

## What you will need

Handful of Basil leaves  
1 clove of garlic (optional)  
25g pine nuts  
125g fresh peas  
50g baby spinach  
50g hard goat's cheese  
or parmesan Cheese  
1/2 lemon  
extra virgin olive oil  
300 g dried pasta, in fun shapes



## How to make

- 1 Take the Basil leaves off their stalks and peel the garlic. Toast pine nuts in a dry frying pan until golden.
- 2 Put a few peas and Basil leaves aside to decorate. Blitz the remaining peas, spinach, basil, garlic, pine nuts and goat's cheese or parmesan in a food processor until you have a thick paste. To loosen it, squeeze over the lemon juice and a few splashes of oil. If it is still quite thick, add a splash of water until it is spoonable, like yoghurt.
- 3 Cook the pasta according to the packet instructions. Drain in a colander then cool under cold running water to prevent it from cooking any further and going mushy.
- 4 Return the pasta to the pan, add the pesto and stir well to combine. Decorate with peas and basil leaves.

Willow + Wild <sup>BOX</sup>  
Nature inspired fun & learning

## Cooking Activity

# Pea and Potato cakes

(with salmon or tuna)



### What you will need

450g potatoes,  
peeled and cubed

120g peas

2 tbsp butter

120ml milk

75g crushed cornflakes  
or fine breadcrumbs

A few tablespoons oil for pan frying

Salt and pepper

You can add a small tin of tuna or Salmon

### How to make

- 1** Place potatoes in a medium sized pan. Cover with water and bring to a boil. Reduce heat and allow potatoes to cook for 15 minutes. Add green peas and continue to cook for another 5 minutes or until both potatoes and green peas are very soft.
- 2** Remove potatoes from heat and drain off water. Add milk, butter, and pepper. Mash until well combined. Add small tin of flaked tuna or Salmon and mix well. Leave mash to cool.
- 3** Place crushed cornflakes/breadcrumbs on a small plate. Coat a non-stick fry pan with 2 tablespoons of oil. When potatoes are cool enough to handle, shape into patties about 6-8cm in diameter and 1 1/2cm thick.
- 4** Press patties onto cornflakes/breadcrumbs on both sides. Place on hot fry pan and fry for 3 to 4 minutes on each side. Do not over crowd pan. Fry in 2 to 3 batches. Serve.

Willow + Wild <sup>BOX</sup>  
Nature inspired fun & learning