

TASTE WITHOUT WASTE

Spinach and Almond Pesto Pasta

Makes 650ml pesto. Serves 4 – 6

Ingredients

300g cherry tomatoes, halved lengthways

2 tbsp olive oil, divided

1 red onion, finely chopped

3 cloves garlic, crushed

500g English spinach leaves

15g basil leaves

40g parmesan, finely grated

40g almonds, roughly chopped

1 tbsp lemon juice

1 tbsp low-fat natural yoghurt – substitute with Greek yoghurt if necessary

Sea salt and freshly ground black pepper

Whole-wheat pasta (spaghetti works particularly well). I use approx.. 50g per person.

400g tin cannellini beans, drained & rinsed (optional)

Method

Preheat oven to 200C. Arrange the cherry tomatoes, cut side up, on a small baking tray. Drizzle with one tablespoon of the olive oil and sprinkle with sea salt and a good grind of black pepper. Set aside.

Heat the remaining tablespoon of oil in a large frying pan (ensure that it has a lid) over a medium to high heat. Sweat the onion for 2 minutes or until softened but not coloured. Reduce the heat to medium and add the garlic. Cook for a further 3 minutes, stirring regularly.

Rinse the spinach leaves and give them a good shake (don't pat dry). Pack the spinach into the fry pan, cover and cook for 3 minutes or until beginning to wilt. Remove the lid, stir well and cook for a further 2 minutes. Transfer to a strainer set over a bowl and leave to cool for 15 minutes.

While the spinach mixture is cooling, pop the tray of cherry tomatoes in the oven. Roast for 15 min or until beginning to ooze juices. Bring a pot of salted water to the boil and throw in your pasta. Cook according to packet directions or until al dente. Drain.

Once the spinach mixture has cooled slightly, throw into a food processor along with the basil, parmesan, almonds and lemon juice. Blitz until smooth, scraping down the sides once or twice. Season well with salt and pepper, whisk through the yoghurt and add more lemon juice if you wish.

Return the drained pasta to the frying pan over a low heat, dollop in the pesto and toss in the cannellini beans (if using them). Using a pair of tongs, toss the pasta or twist the spaghetti so that it is well coated in pesto.

Once heated through, serve topped with the cherry tomatoes and a side salad/roasted veg if you like.

*Source: A Taste Without Waste original.
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