

Easy Pesto Pasta

This pasta dish is quick to make, using the Hey Pesto recipe available on our website, and tastes delicious. It is great served with a crisp salad.



(If vegetarian cheese used in the pesto)



Milk, sulphites and wheat (gluten)*

Nutritional information per portion (375g):

Energy 1764kJ 420kcal 21%	Fat 19g 28%	Saturates 4.3g 22%	Sugars 4.9g 5%	Salt 0.32g 5%
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of an adult's reference intake.
Typical values per 100g: energy 470kJ/112kcal.

Equipment

Weighing scales
Kettle
Large saucepan with lid
Colander
Chopping board
Sharp knife
Measuring spoons
Large frying pan
Wooden spoon
Pan stand x 2
Tasting spoon
Large serving spoon

Ingredients

Serves 4
350g pasta twists
250g cherry tomatoes
1 large red onion
1 x 15ml spoon olive oil
1 batch Hey Pesto! (recipe available on our website)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Keeping the root on an onion when chopping can help to stop your eyes from stinging.
- Use 2 x 15ml spoons of ready-made pesto if you haven't time to make it. Check the packaging if you have a nut allergy as most pesto contains nuts.
- Only cook the cherry tomatoes for a short period of time to make sure they keep their shape and flavour.

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Method

1. Cook the pasta in the large saucepan according to the instructions on the packet.
2. Prepare the vegetables whilst the pasta is cooking. Wash the cherry tomatoes and cut them in half. Peel and finely chop the red onion.
3. Heat the oil in the frying pan on a medium heat, then add the onions and fry for 10 minutes or until soft.
4. Add the tomatoes and cook for 2 minutes. Remove from the heat.
5. When the pasta is cooked, drain in the colander and return to the saucepan.
6. Add the tomatoes, onions and pesto to the pasta and stir together gently to prevent breaking up the tomatoes. Put the lid back onto the saucepan and leave for a minute for the flavours to mingle.

Something to try next time

- Chop 2 chicken breasts into bite-sized pieces and add at step 4. Cook until golden brown and the juices run clear when you cut into the chicken pieces. Follow the recipe as above, place in an ovenproof dish and sprinkle 75g reduced-fat Cheddar cheese over the top. Melt the cheese under a medium grill until brown and bubbling. Garnish with fresh basil.
- Stir in 1 x 340g can of drained tuna fish in olive oil at step 5.

Prepare now, eat later

- Serve this dish cold as a salad. Cool the Easy Pesto Pasta as quickly as possible and store, covered, in the fridge for up to 24 hours. Before serving, stir in 1 x 15ml spoon of cold water if the pasta is sticking together.

Skills used include:

Washing, weighing, measuring, peeling, chopping, boiling/simmering and frying.