

BROCCOLI PESTO PASTA



Prep and cook time: 30 minutes

Ingredients

- 2 heads of broccoli, cut into florets
- 500g pasta, any short pasta will work well such as bows, penne or shells
- 2/3 cup parmesan cheese, grated
- 1/4 cup fresh mint leaves
- 1/4 cup parsley leaves
- 1 clove garlic, crushed
- zest and juice of 1 lemon
- 1/3 cup raw unsalted cashews (can be substituted for almonds, pine nuts or sunflower seeds)
- 1/2 cup olive oil

Method

1. Bring 2 pots of water to the boil.
2. Add half the broccoli to one pot and par-cook until just tender. Drain and set aside.
3. Meanwhile, add the pasta to the other pot and cook for 2 to 3 minutes. Then add the remaining half of the broccoli, cooking until the pasta is al dente and the broccoli is tender. Set aside. This broccoli will not be used to make the pesto.
4. Place the par-cooked broccoli, parmesan, mint, parsley, garlic, lemon juice and zest, cashews and oil into a food processor and blitz until well combined.
5. Add cooked pasta and broccoli into a large bowl, add the pesto and stir to combine.
6. Transfer to containers and store in the fridge, ready to be added to the lunchbox.

