



Green pea pesto with buckwheat pasta (serves 2)

This pea pesto and pasta dish is fresh and fragrant, a quick and easy weeknight meal. A great source of protein and fibre.

Ingredients

225g cooked buckwheat pasta

Handful of cherry tomatoes

Handful of rocket leaves

For the pesto

1 tablespoon of hemp oil

2 cloves garlic

1 tablespoon of pine nuts

1 tablespoon of lemon juice

140g boiled peas, cooled

1 teaspoon of dried basil

1 teaspoon of dried parsley

25g parmesan cheese

Pinch of black pepper

Method

1. Preheat the oven to 200°C/180°C fan/gas 6.
2. Place the cherry tomatoes on a baking tray and roast in the oven for approximately 10 minutes.
3. While the tomatoes are roasting, cook buckwheat pasta according to packet instructions.
4. Take the tomatoes out of the oven and leave to cool.
5. Mix all pesto ingredients in a blender until smooth, then mix in to the cooked pasta.
6. Serve with cherry tomatoes and rocket leaves.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	595kJ 142kcal	5.6g	6.2g	1.3g	14.8g	2.8g	3.3g	0.08g
Per 275g Serving	1635kJ 392kcal	15.4g	17.0g	3.7g	40.8g	7.7g	9.2g	0.23g