Pea Pesto Pasta

Easily made Gluten Free

Serves 4

£1.42 per serving*

COOK with CO-OP

Hidden Veg Great for kids!

You'll need:

4 cups of frozen peas

1 small brown onion (diced)

100g unsalted cashews (chopped)

½ cup of nutritional yeast

½ teaspoon of black pepper

1 heaped teaspoon of lazy garlic

1-2 large fresh green chilli (finely diced)   *(or 2-3 tablespoons of sliced jalapenos)*

500g packet of spaghetti

4 handfuls of fresh rocket

How to do it:

First, follow the instructions on the packet and cook your pasta while you prepare your pea pesto.

Pop your diced onion into a deep sided non stick pan and gently stir fry for about 5 minutes – or until the pieces soften. Next add your garlic, pepper, frozen peas and cashews to the pan. Continue to cook for another 10 minutes to allow the peas to defrost. When your peas have softened a little take your pan off the heat.

Next, add your chilli and nutritional yeast to the pan of cooked peas, stir well then just scoop about half a cup of the mixture out and set to one side for later. Add about about 100mls of your pasta cooking water and use a stick blender to create a smooth thick paste, adding a little more pasta water if needed to loosen – take care with the blender to make sure that you don't get splattered with blitzed peas!

Finally, use a pair of tongs to gradually lift your pasta over to the pan of blended green sauce and toss through to fully coat the spaghetti. Add that half cup of reserved pea mixture back into the pan at this stage too.

Season to taste if needed and serve in large bowls with a handful of fresh rocket on the side.