



Serves: 4

Penne Pasta with Basil Pesto

Ingredients

- Penne 240g
- Pinenuts, toasted 20g
- Basil, fresh 90g
- Tomato cherry, ripened 20g
- Celery, leaves 20g
- Olive oil 1½ tbsp*
- Water (to boil pasta)
- Salt 2 tsp

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Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.

Method

- Combine herbs, vegetables and nuts.
- Add olive oil.
- Blend thoroughly until smooth and creamy. Adjust to desired consistency with water. Add salt to taste.
- In a pot, bring water to a boil and cook pasta until al dente.
- Strain and toss with pesto sauce.
- Serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 307kcal
Protein 9.1g
Total fat (g and % of total calories)
9.2g (26.9%)
Saturated fat 1.3g
Cholesterol 0mg
Carbohydrate 47.1g
Dietary Fibre 3.5g
Sodium 303mg