

Family Meal

SPRING PESTO PASTA

Get ready to wow your friends and family with this yummy spring pesto pasta that's packed with tasty zucchini and fresh peas.

SERVES 4

INGREDIENTS

2 tablespoons of olive oil

2 zucchini

1 cup of fresh spring peas

1 teaspoon of salt

400 grams of fresh pasta or 250 grams of dried pasta

1/2 cup of basil pesto

Fresh basil leaves

Fresh parmesan to serve

**JUNIOR CHEF
CHALLENGE**



UP FOR THE CHALLENGE?
MAKE YOUR OWN BASIL
PESTO! SCAN THE QR CODE
TO FIND THE RECIPE.



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METHOD

STEP 1

Get prepared

- Fill a large pot with water, add the salt and bring it to the boil.
- Rinse and dry your vegetables well.
- Take the peas out of the pods.
- Carefully cut the zucchini down the middle lengthwise and then cut each half into 1cm wide semi-circle pieces.

STEP 2

Start making your sauce

- In a large frying pan, heat the olive oil on a medium temperature for one minute.
- Add the sliced zucchini to the pan and cook it for about 10 minutes until golden and softened. While the zucchini is cooking start step 3.

STEP 3

Boil your pasta

- Carefully place your pasta into the boiling water.
- Fresh pasta takes 4 minutes to cook while dried pasta takes about 12 minutes, so follow your packet instructions.
- When the pasta is cooked drain it in a colander.

STEP 4

Finish making the sauce

- Add the peas and pesto to the pan with the zucchini and heat them for one minute.

STEP 5

Put it all together and serve

- Stir the pasta through the zucchini, pea and pesto sauce. If your pasta has cooled down, heat for a few minutes until everything is warm.
- Top with fresh basil leaves and freshly grated parmesan and serve!



COOKING TIPS:

MAKE SURE YOU GET YOUR PARENTS TO HELP YOU WITH DRAINING THE PASTA AND BE VERY CAREFUL WITH BOILING WATER!

PREP ALL YOUR VEGETABLES AND GET ALL YOUR OTHER INGREDIENTS READY TO GO BEFORE YOU START COOKING.