



# Linguine with Homemade Rocket Pesto

4 servings

Lunch 15 – 20 mins • Equipment needed



Salad Leaves



Grated Italian Style Hard Cheese



Lemon



Pine Nuts



Dried Linguine

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, blender

## Ingredients

	4P
Salad Leaves	80 g
Grated Italian Style Hard Cheese	2 units
Lemon	1 unit
Pine Nuts	40 g
Dried Linguine	360 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>310 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3610.8 kJ/ 863 kcal	1164.8 kJ/ 278.4 kcal
Fat (g)	19.2 g	6.2 g
Sat. Fat (g)	6 g	1.9 g
Carbohydrate (g)	135.5 g	43.7 g
Sugars (g)	7.6 g	2.5 g
Protein (g)	36.3 g	11.7 g
Salt (g)	0.3 g	0.1 g

*Nutrition for uncooked ingredients based on 4 person recipe, excludes Pantry Items.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Cook the Pasta

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

**TIP:** *If you're in a hurry you can boil the water in your kettle.*

2



## Blend the Pesto

- Meanwhile, halve the **lemon**.
- Add the **salad leaves, cheese, pine nuts** and 100ml **olive oil** to a blender.
- Season with 1 tsp **salt** and ½ tsp **pepper**.
- Blend until smooth. Loosen to your desired consistency by adding a tsp of **water** at a time.
- Season to taste with **salt, pepper** and a squeeze of **lemon** juice.

3



## Finish and Serve

- Toss the **pesto** with the **pasta**.
- Divide the homemade **pesto linguine** between bowls.

**Enjoy!**