



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Mint & Arugula Pesto Pasta SERVES approx. 4

CATEGORY Side Dish PREP TIME 10 min COOK TIME \_\_\_\_\_

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

## INGREDIENTS

Pesto :

5 cups	packed arugula
3/4 cup	packed fresh mint leaves
1/2 cup	extra-virgin olive oil
1/2 cup	fine grate parmigiano-reggiano
2 cloves	garlic
1 lemon	fresh lemon zest
to taste	salt and cracked pepper
2 tbsp	fresh lemon juice

Pasta :

1 lb	spaghetti
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## DIRECTIONS

1. In a blender, blend until smooth the arugula, mint, oil, cheese, garlic, lemon zest, salt and pepper.
2. Stir in 1 tbsp lemon juice. Taste and adjust the seasonings with salt and pepper.
3. Refrigerate the pesto until ready to serve.
4. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente (tender but firm to the bite), about 10 to 12 minutes, or according to the package instructions.
5. Reserve 1/2 cup of the pasta cooking water. Drain the pasta and return it to the empty pot.
6. Toss the pesto with the spaghetti. Thin it out with a small amount of reserved cooking water if needed.
7. Taste, season with salt and pepper, and toss with the remaining 1 tbsp lemon juice.
8. Divide among warmed serving bowls. Sprinkle cheese over each portion and serve immediately.

## MY NOTES

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