

## MARINA'S RAW GREEN PESTO PASTA



This Raw Green Pesto Pasta is a quick way to relieve stress and rebalance your body. It can be made in less than 10 minutes and tastes divine. The dish uses fresh basil as its star ingredient which is full of vitamins, minerals and fibre.

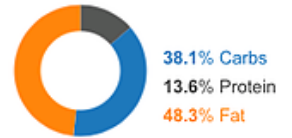
**Macros: 2 servings**

Carbs: 75g

Protein: 28.9g

Fat: 46g

**Total calories: 848**



### INGREDIENTS: (serves 2)

2 fresh bunches of basil

1 tablespoon of pine nuts

2 teaspoons flaxseed

1 1/4 tablespoons of grated parmesan cheese

1/4 garlic clove

2 tablespoons extra virgin olive oil

pinch of sea salt or pink himalayan salt

1/2 packet of pasta (I've used linguine)

### HOW TO MAKE IT:

- Place the Basil in a food processor (I use a Nutri-bullet)
- Add pine nuts, flaxseed, garlic, parmesan cheese, olive oil and salt
- Blend until smooth and paste-like
- Cook pasta in a saucepan of boiling salted water, following packet directions or until al dente
- Drain pasta (reserving some water in a cup)
- Return pasta to pan (switch off the heat)
- Add pesto to the pasta and stir
- Add pasta water bit by bit, mixing to bind and emulsify the oil-based sauce
- Serve onto plates and top with grated parmesan cheese

### TOP TIP

The secret to a good pesto is dependent on its fresh, raw flavour so please be mindful not to heat it. Store bought pesto has been exposed to high heat necessary for canning, bottling and sterilising which destroys the delicate flavour and making the taste dull and disappointing.

**THE GREEN WARD**  
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