

Basil Pesto and Pasta

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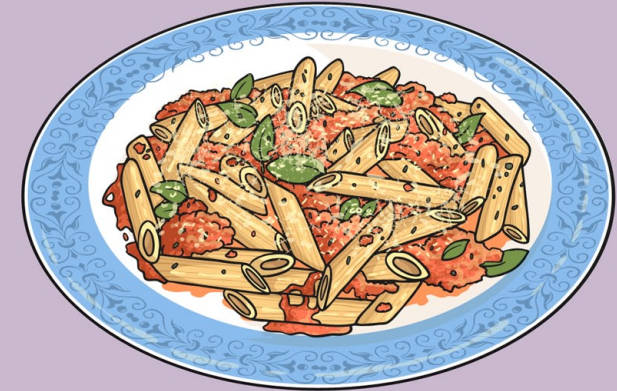
Makes 12 ramekin sized taster portions

Ingredients

- ½ a small clove of garlic (peeled and crushed)
- 3 large handfuls of fresh basil (chopped with kitchen scissors)
- 100g Parmesan cheese (finely grated)
- 50g pine nuts (lightly toasted with Adult Supervision)
- 3 tablespoons extra virgin olive oil
- Small squeeze of lemon juice
- 300g whole wheat pasta
- Freshly ground salt and pepper

Equipment

- Bowl
- Spoons
- Garlic Crusher
- kitchen scissors
- Pestle and mortar
- Chopping board
- Safe knives



Step 1. Pound the garlic with a little pinch of salt and the basil leaves in a pestle and mortar; you may need to add the basil leaves in batches if your mortar is small. Keep going until leaves are crushed and dark green.



Step 2. Add the toasted pine nuts to the mixture and crush with the pestle and mortar again.

Step 3. Tip into a bowl and add half the grated Parmesan. Stir gently and add 1 tablespoon of extra virgin olive oil; you need just enough to bind the sauce and get it to an oozy consistency.

Step 4. Have a taste and season with a little pepper, then add most of the remaining cheese. Gradually add the other two tablespoons of oil until you are happy with the taste and consistency.

Step 5. Add a squeeze of lemon juice at the end to give it a little kick.

Step 6. With adult supervision, cook the pasta according to the packet instructions. Drain.



Step 7. Put the pasta into the ramekin bowl and add ½ teaspoon of pesto. Stir the pesto in and enjoy!