

Basil Pesto and Pasta

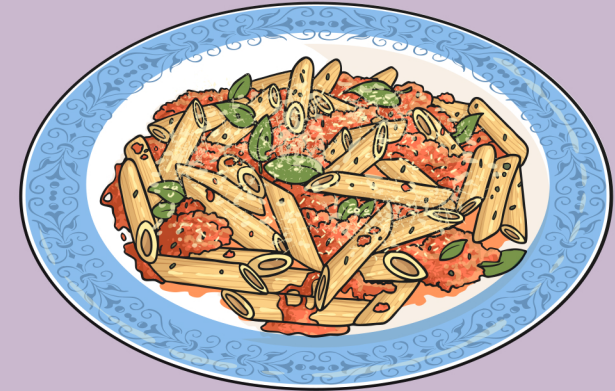
Makes 12 ramekin-sized taster portions

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 wholewheat 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



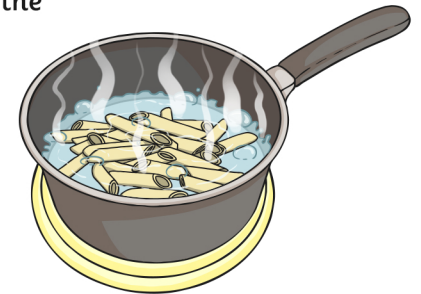
Step 2. Add the toasted pine nuts to the mixture and crush with the pestle and mortar again.

Step 3. Tip into a bowl and add half the grated Parmesan cheese. 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!

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