



# Pesto pinenut and sundried tomato pasta

with premium La Molisana wholemeal spaghetti



Premium La Molisana wholemeal spaghetti is covered in our fragrant house-made basil pesto, made with pine nuts and walnuts, a hint of thyme, lemon and a bundle of nutritional yeast for cheesiness - also making it much healthier than its traditional counterpart. Sundried tomatoes and toasted pine nuts give additional flavour and texture.

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*Good for leftovers, Quick & easy*



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small frying pan, medium/large pot



Pantry items needed: freshly ground black pepper



Hands-on: 5-10 minutes  
Ready in: 20 minutes



Serves: 2 or 4

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
La Molisana wholemeal spaghetti	1 packet	1 packet
Sundried tomato strips	1 tub	1 tub
Basil pesto	1 tub	1 tub
Roasted pinenuts	1 packet	1 packet
Freshly ground black pepper*	to taste	to taste

\* Pantry items

## Instructions

### 1. Cook pasta

Fill a large pot  $\frac{3}{4}$ -full with water and bring to a boil. Add **spaghetti** and cook, uncovered, for **12 minutes**. Set aside **1 cup pasta water**. Drain **spaghetti** and return to pot.

### 2. Prepare sundried tomato

Place **sundried tomato strips** between kitchen paper to remove excess oil and roughly chop.

### 3. Finish pasta

Return the pot to the stove and turn onto medium-high heat. Stir in **basil pesto**, **sundried tomato strips** and **roasted pine nuts**. Add **pasta water** ( $\frac{1}{4}$  cup for 2 serves or  $\frac{1}{2}$  cup for 4 serves) (tip 1) and cook until all **pasta** and **sauce** are combined and hot, about **2 minutes**.

### 5. Serve

Serve **Pesto pinenut and sundried tomato pasta** topped with **freshly ground black pepper\***.

## Allergens and ingredients

Allergens: gluten, wheat, soy, sesame, cashew.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

## Cooking tip

1. Add more pasta water if necessary to achieve a good sauce consistency.

**Eat your way to healthy!**



**Wholegrains**, such as those in wholemeal pasta, are rich in fibre and B vitamins, including B1, B3 and B9. They also contain good amounts of zinc, iron, magnesium and manganese, as well as antioxidants and protein.

Wholegrains have been linked to health benefits such as improved digestive health and lowered risk of heart disease, stroke and obesity.

## Nutritional information\*

	Per 326g serve	Per 100g
Energy	2957kJ (707Cal)	907kJ (217Cal)
Protein	19.2g	5.9g
Fat, total	33.6g	10.3g
- Saturated	3.5g	1.1g
Carbohydrate	73.0g	22.0g
- Sugars	2.0g	1.0g
Sodium	599mg	184mg

\* Nutritional information is based on averages