



CHICKPEA AND KALE PESTO FETTUCINI



Ingredients:

30 g pine nuts, toasted
85 g parmesan, coarsely grated, plus extra to serve
3 garlic cloves
30 ml extra-virgin olive oil, plus extra to serve
6 large leaves of kale
Juice 1 lemon and 1 tsp lemon rind
500 g wholemeal fettuccine
Spray olive oil
300 g can chickpeas, rinsed
2 tablespoons capers (optional)
½ small red onion, chopped
1 punnet of small cherry tomatoes, diced
1/3 cup chopped fresh parsley
1-2 tablespoons lemon juice, to taste

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	2159 kJ
Protein	21 g
Fat	27 g
Carbohydrate	44 g
Sodium	391 mg
Fibre	14 g

Method:

KALE PESTO:

1. Place the pine nuts, parmesan, garlic, oil, kale and lemon juice in a food processor and whizz to a paste. Season to taste.

PASTA:

1. Cook fettuccine in a large pan of boiling water according to the packet instructions.

2. Drain and return to the pan. Add kale pesto and toss to coat the pasta and then add chickpea, capers, onions, tomatoes and parsley. Season with the lemon juice, black pepper and parmesan to serve.



HOT TIPS

Double or triple the amount of pesto you make and put the left overs in a jar, in the fridge. Pesto is a great alternative to processed spreads for tasty sandwiches. . Another good idea is to use it as a dressing to make your salads a bit more exciting.