

# Pesto Pasta Salad

Bialik College Kitchen Garden Program



**Bialik College**

## Ingredients:

- 500g dried pasta, (penne, fusilli or farfalle)
- 250g punnet of cherry tomatoes, halved or quartered
- 2 handfuls of baby spinach or rocket leaves
- ½ cup black olives, finely sliced
- Optional cheese** – shaved parmesan or crumbled feta to garnish
- Optional addition** – 1 can chickpeas, drained and rinsed
- PESTO:**
- ½ cup pumpkin seeds, dry toasted
- ½ cup packed fresh basil leaves
- ½ cup packed fresh flat-leaved parsley
- ¼ cup lemon juice, freshly squeezed
- 1 clove garlic, roughly chopped
- ½ teaspoon salt
- 1/3 cup extra virgin olive oil

## Equipment:

- Metric measuring scales, cups & spoons
- Chopping board
- Chef's knife
- Large pot
- Small frypan
- Wooden spoon
- Colander
- Food processor
- Spatula
- Mixing bowls
- Large Serving bowl

## Method:

1. Bring a large pot of salted water to boil for the pasta. Cook the pasta until 'al dente' according to the package directions. Before draining, reserve about ½ cup pasta cooking water, then drain and rinse the pasta under cool water. Transfer the pasta to a large mixing bowl.
2. **TO PREPARE PESTO**: Pour half the toasted pumpkin seeds into the food processor and reserve half for garnish. Add the basil, parsley, garlic, lemon juice and salt. Process while slowly drizzling in the olive oil. Stop to scrape down the sides as necessary. Process until you create a smooth sauce.
3. To assemble the pasta salad, pour all the pesto over the pasta and toss until pasta is evenly coated, adding a splash of reserved pasta cooking water.
4. Add cherry tomatoes, baby spinach, olives, remaining toasted seeds and any optional add ins.
5. Toss again to combine, then season with pepper to taste. If you prefer, add more lemon juice and salt to taste before serving. Enjoy! 😊