

Basil pesto risoni with peas, feta and mint

Bialik College Kitchen Garden Program



Ingredients:

- 2 cups risoni (rice shaped pasta)
- 1 teaspoon salt
- 1 and ½ cups of frozen peas
- 2 cups basil leaves, firmly packed
- ½ cup of finely grated parmesan
- 1 small clove of garlic, peeled and minced
- 2 tablespoons pumpkin seeds, dry toasted
- ½ teaspoon salt
- Pinch of pepper
- 7 tablespoons extra virgin olive oil
- Handful of fresh mint leaves
- Lemon, zested
- Feta, to garnish

Equipment:

- Metric measuring cups and spoons
- Cook's knife
- Chopping board
- 2 medium saucepans
- Colander
- Garlic mincer
- Wooden spoon
- Slotted spoon
- Large mixing bowl
- Food processor or blender
- Serving bowl or platter

Method:

1. Place 8 cups of water and a teaspoon of salt in a medium saucepan and bring to the boil.
2. Add risoni and cook for 4 minutes, then add the peas and cook for a further minute.
3. Scoop out ½ cup of the pasta water from the saucepan, then drain the risoni and peas using a colander. Set aside in a large mixing bowl.
4. While the pasta is cooking, blanch the basil for a minute in a second saucepan of boil water. Scoop out with a slotted spoon and plunge immediately into ice cold water and allow it to fully cool, then drain.
5. In a high speed blender or food processor, blend the wilted basil with the grated parmesan, garlic, olive oil, salt, pepper and ½ cup of reserved pasta water. Blitz until you have a silky smooth sauce.
6. Stir the sauce through the orzo and peas. Transfer to a serving platter, crumbled over the feta, sprinkle with lemon zest and fresh mint leaves.

Enjoy! 😊