

THE LAB

Three things to make and do



1

Make pea pesto pasta

A spring dish that you can whip up for all the family.

What you need

- 400g farfalle **pasta**
- 160g fresh peas
- 2 garlic cloves
- Juice of 1 lemon
- 50g pine **nuts**
- 1 bunch of fresh basil
- 25g grated **Italian cheese** (plus extra for serving)
- 2tbsp olive oil
- Cooking pot
- Sieve/colander
- Food processor
- Mixing spoon

Instructions

- 1 Ask an adult to help you to boil a large pot of water. Throw in the pasta, stir and cook until *al dente*, which means firm to the bite – not too crunchy but not too soft.
- 2 Next, blanch your fresh peas in boiling water for two minutes then pour them into a sieve and run the cold tap to stop them from getting more cooked.
- 3 Now whizz up your pea pesto. Put the basil and peas (remembering to save some back for the garnish), plus garlic, lemon juice, pine nuts and cheese into a food processor. Blend, pouring in the olive oil at the same time. If the mixture is too dry, you can add some of the pasta cooking water to loosen it up.
- 4 Once cooked, drain your pasta and pop it back into the pot. Add your pesto and mix everything together.
- 5 Serve in four large bowls, adding extra peas, basil and cheese on top. You could serve with a side salad or homemade garlic bread – yum!

Whizz up your pesto in a food processor.



How does it work?

In this recipe, we have used fresh peas instead of frozen peas (although frozen peas will also work). At this time of year, fresh peas are in season. This means that they are best eaten from around May. If you can, it is always better to use seasonal fruit and vegetables. This is because the produce is usually tastier and contains more nutrients. It's also better for the environment because it won't have been transported as far to get to the shops.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy