

How to...



Make pea and pistachio pesto pasta

Whip up this tasty dish for Veganuary.

What you need

Serves 4

- 400g vegan tagliatelle
- 250g frozen peas, defrosted
- Handful of mint leaves
- 2 garlic cloves, peeled
- 2 tablespoons shelled pistachios, plus extra to serve
- 75ml olive oil
- Saucepan
- Food processor or pestle and mortar



Instructions

- 1** Bring a pan of salted water to the boil. Add the pasta and cook for 7 minutes (or according to the pack instructions), when it should be *al dente*. This is an Italian phrase used to describe food when it's cooked but is still slightly firm when bitten.
- 2** As the pasta is cooking, put the defrosted frozen peas, mint, garlic and pistachios into the food processor and blend into a paste. If you don't have a food processor you can use a pestle and mortar to grind up the ingredients. Drizzle the olive oil in and blend or mix some more, until the mixture is smooth and creamy. Season with salt and pepper if you wish.
- 3** Drain the pasta (save some pasta water) and stir or toss the pesto through it. You can add a tiny splash of pasta water if the mixture is a bit too thick for you. Serve the pasta with extra mint leaves and a few chopped pistachios.

At the start of each year, lots of people do the Veganuary challenge. Veganuary is a charity that encourages people to try being vegan for the month of January, and beyond if they wish to. Vegans don't eat animal products – so no meat, fish or foods that come from animals, such as eggs, milk or cheese.

The NHS points out that children following a purely vegan diet will need help from an adult to make sure they are eating the right foods to give them the energy and vitamins they need to grow. However, even if you don't want to be vegan all the time you can eat plant-based meals as part of your diet. This recipe is a delicious vegan take on a classic Italian sauce – pesto.

Traditional pesto is made by grinding garlic, pine nuts and basil into a paste, and adding grated cheese and olive oil. This recipe swaps the basil for fresh-tasting mint and replaces pine nuts with pistachios, and cheese with peas. The dish takes about 15 minutes to prepare – or a little longer if you grind the mixture by hand.

HEY PESTO!
The word pesto comes from the Italian word *pestare*, which means "to crush" or "to grind".

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy



WARNING!
Ask an adult for permission before you start cooking.



Head to theweekjunior.co.uk/activityhub for more crafts and recipes.

