



# Whole wheat pasta with an avocado pesto sauce

5'  
Hands on

10'  
Cook Time

2  
Portion(s)

1  
Difficulty



## Method

- Boil the pasta for 8 minutes in a **pot** full of boiling, salted water.
- In a food processor, add the **avocado flesh**, garlic, cashews, coriander, salt and pepper. Beat until all of the ingredients are completely combined and while beating, gradually add the olive oil in a slow steady stream, until incorporated. Transfer to a bowl.
- Reserve a cup of the boiling pasta water before draining the pasta. Add to the bowl with the pesto sauce and mix. If necessary, add a **ladleful** of the pasta water to make the sauce creamier.
- Serve with fresh coriander, chili flakes, cashews, pepper and olive oil.

## Ingredients

- 250 g whole wheat spaghetti
- salt
- pepper
- 2 **avocados**
- 1 clove of garlic
- 100 g cashews, toasted
- ½ bunch coriander
- 1 teaspoon chili flakes
- grated zest and juice from 1 lime
- 4 tablespoons olive oil

To serve

- 1 tablespoon fresh coriander
- pinch of chili flakes
- 50 g cashews
- 1 teaspoon olive oil

## Διατροφικός πίνακας

Nutrition information per portion

932 Calories (kcal)	56.0 Total Fat (g)	10.0 Saturated Fat (g)	79.0 Total Carbs (g)
47%	80%	50%	30%
5.4 Sugars (g)	19.0 Protein (g)	17.0 Fibre (g)	2.0 Sodium (g)
6%	38%	68%	33%