



# Whole wheat pasta with an avocado pesto sauce

5'  
Hands on

10'  
Cook Time

2  
Portion(s)

1  
Difficulty



## Ingredients

- 250 g spaghetti, whole wheat
- 2 avocado(s), raw
- 50 g olive oil
- lime juice, of 2 limes
- lime zest, of 2 limes
- 1/2 bunch coriander
- 1 teaspoon(s) chili flakes
- salt
- pepper
- 1 clove(s) of garlic, minced

To serve

- 100 g cashews
- basil, fresh
- 1 tablespoon(s) olive oil

## 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.

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                       |                             |                            |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 856<br>Calories<br>(kcal) | 48.0<br>Total Fat (g) | 8.1<br>Saturated<br>Fat (g) | 80.0<br>Total Carbs<br>(g) |
| 43%                       | 69%                   | 41%                         | 31%                        |
| 0.7<br>Sugars (g)         | 19.0<br>Protein (g)   | 13.0<br>Fibre (g)           | 1.3<br>Sodium (g)          |
| 1%                        | 38%                   | 52%                         | 22%                        |