Method

For the pasta
- In a pot full of boiling water, add the salt and pasta.
- Boil for 8 minutes and drain.
- Reserve some of the pasta water before draining.

For the pesto Genovese
- In a food processor, add the olive oil, garlic and pepper. Beat until the garlic has completely broken down.
- Add the basil leaves and beat until completely incorporated.
- Scrape down the sides of the bowl with a spatula and beat again. The basil has to break down completely.
- Add the cashews and beat until they break down completely.
- Add the parmesan and beat for 3-4 seconds to incorporate.
- Transfer mixture to a large bowl and add the hot pasta.
- Mix with tongs and add 2 spoonfuls of reserved pasta water.
- Mix again and serve with extra basil leaves and some extra virgin olive oil.

Ingredients

For the pasta
- 400 g spaghetti
- 1 teaspoon(s) salt

For the pesto Genovese
- 120 g olive oil
- 100 g basil leaves
- 130 g cashews
- 2 clove(s) of garlic
- 100 g parmesan cheese
- pepper
- salt, some

To serve
- basil leaves
- 1 teaspoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
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<tbody>
<tr>
<td>968</td>
<td>59.0</td>
<td>13.0</td>
<td>72.0</td>
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<tr>
<td>48%</td>
<td>84%</td>
<td>65%</td>
<td>28%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
</tr>
</thead>
<tbody>
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<td>11.0</td>
<td>0.7</td>
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<tr>
<td>5%</td>
<td>64%</td>
<td>44%</td>
<td>12%</td>
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