

Broccoli Pesto Pasta

- 1/2 packet pasta
- 1/2 cup raw almonds
- 1 large head broccoli
- 1 clove garlic, crushed
- 2 tbs olive oil
- 1 sachet Plantasy Broccoli Soup mix
- handful fresh basil
- handful fresh parsley
- salt & pepper
- 1 lemon

Cook the pasta in plenty of salted, boiling water, drain and set aside.

Whizz or finely chop the almonds. Toast in a dry pan until you can smell that lovely toasted almond aroma. Set aside.

Cut the florets off the broccoli. Trim the stalk and slice it into matchsticks. Whizz the florets or chop into uniformly tiny pieces that resemble breadcrumbs. Heat the oil in a large frypan, add the garlic and broccoli stalks and sauté for a minute. Add the whizzed florets, stir and cook until everything is bright green.

In a large mug, combine the Broccoli Soup mix with 1 cold cup water, stirring until smooth. Pour into the pan with the broccoli and add another 1/2 cup of water. Stir the mixture until slightly thickened.

Stir in the cooked pasta and let simmer.

Whizz the parsley and basil. Remove the pasta from heat. Stir in the herbs, juice of half a lemon, half the toasted almonds and season with salt and pepper.

Serve garnished with remaining almonds and a wedge of lemon.