

Typ: Pasta

Quelle: Mary Berry: Cook and Share, S. 177

Bemerkungen: A quick and easy midweek pasta dish. Adding peas to the pesto glues a lovely natural fresh flavour. Use fresh garden peas, if you grow them, instead of petits pois. We have used cashew nuts instead of Pine nuts in the Pesto to give creaminess to the sauce.

Beim Pürieren (Pürierstab) blieb ein großer Teil der Nüsse als feste Masse am Boden; bei Bedarf mit Messer auflockern.

Zutaten SERVES 4-6

350 g spaghetti
PEA PESTO
250 g frozen petits pois
115 g unsalted cashew nuts
55 g Parmesan, grated, plus extra to serve (optional)
2 large garlic cloves, halved
Large bunch of basil, roughly chopped
100 mL olive oil

Rezept: 1. Cook the peas in a saucepan of boiling water for 3 minutes. Drain and refresh under cold water. Drain again.

2. Place half the peas in a small food processor and add the nuts, cheese, garlic and basil. Whiz until finely chopped. Slowly add the oil, a little at a time, until you have a paste consistency. Season with salt to taste.

3. Cook the spaghetti in boiling salted water according to the packet instructions. Reserve 50 mL of the pasta water before draining.

4. Place the pesto in a large non-stick frying pan, add the reserved peas and the cooked spaghetti and a little of the pasta water. Toss everything over a high heat until well coated. Season well with freshly ground black pepper and serve with extra Parmesan, if liked.

Mary's Tips

* Best made and served. The Pea Pesto can be made up to 6 hours ahead.

* Not suitable for freezing.