



Pasta con il pesto alla Trapanese (Tomato and almond pesto)

READY IN



45 min.

SERVINGS



4

CALORIES



674 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 50 g almonds shelled
- ☐ 1 handful basil fresh
- ☐ 2 garlic clove
- ☐ 6 vine ripened tomato
- ☐ 2 tbsp pecorino cheese finely grated
- ☐ 6 tbsp olive oil extra virgin extra-virgin
- ☐ 400 g rotini pasta

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ corkscrew

Directions

- ☐ Cover the almonds with boiling water for a few minutes to loosen their skins, then slip them off with your fingers when they are cool enough to handle. Try not to cut corners and use ready blanched almonds, as nuts quickly lose their flavour without their protective skins. Toast the almonds in a non-stick frying pan, stirring frequently for a few minutes until they are pale gold.
- ☐ Whizz the basil, garlic and a little coarse sea salt in a food processor and tip into a large bowl. Process the almonds, again with a little salt, using the pulse button, until they're the size of small grains of rice.
- ☐ Peel the tomatoes, de-seed by halving and squeezing over the sink, then chop into medium dice.
- ☐ Mix the tomatoes and the almonds into the basil and garlic, add the grated cheese and olive oil and mix well. Taste and season with pepper and only if needed a little salt.
- ☐ Boil the pasta in the usual way, taking care to keep it very al dente, especially if you are planning to serve it cold. The Sicilians are probably the most fussy of all Italians about pasta, and they are very quick to declare it scotta, which means overcooked. To judge when to drain the pasta, cut a piece of pasta open: when it has a tiny uncooked white speck at the centre, drain it. It will be perfectly cooked all the way through by the time you serve it.
- ☐ Drain the pasta but reserve a couple of ladles of the pasta water. Tip the pasta into the bowl with the pesto and mix it gently but quickly, so that the melting cheese is well distributed.
- ☐ Add a little pasta water if necessary so the sauce lightly coats each pasta corkscrew. The pasta can be served now, lukewarm, or at room temperature, but don't chill, as this dulls the heady aromas which are the joy of this dish.

Nutrition Facts



 PROTEIN 10.69%  FAT 39.35%  CARBS 49.96%

Properties

Glycemic Index:54.25, Glycemic Load:32.18, Inflammation Score:-9, Nutrition Score:24.249999742793%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 674.25kcal (33.71%), Fat: 29.8g (45.85%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 85.15g (28.38%), Net Carbohydrates: 78.13g (28.41%), Sugar: 8.1g (9%), Cholesterol: 2.6mg (0.87%), Sodium: 46.04mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.44%), Selenium: 64.29µg (91.84%), Manganese: 1.44mg (72.21%), Vitamin E: 7.34mg (48.94%), Phosphorus: 314.98mg (31.5%), Vitamin A: 1573.9IU (31.48%), Vitamin C: 25.83mg (31.31%), Vitamin K: 29.47µg (28.07%), Fiber: 7.02g (28.06%), Magnesium: 108.76mg (27.19%), Copper: 0.53mg (26.69%), Potassium: 761.74mg (21.76%), Vitamin B6: 0.33mg (16.41%), Vitamin B3: 3.27mg (16.33%), Zinc: 2.2mg (14.66%), Vitamin B2: 0.25mg (14.64%), Iron: 2.44mg (13.56%), Folate: 51.74µg (12.93%), Vitamin B1: 0.19mg (12.53%), Calcium: 103.49mg (10.35%), Vitamin B5: 0.67mg (6.74%)