



Roast veg pasta with Cheshire pesto

READY IN



15 min.

SERVINGS



4

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large bunch basil leaves picked
- ☐ 2 tbsp olive oil
- ☐ 2 garlic clove
- ☐ 250 g asparagus trimmed
- ☐ 250 g beets cooked (not in vinegar)
- ☐ 400 g long breadsticks
- ☐ 100 g cheshire cheese crumbled
- ☐ 2 tbsp pinenuts toasted

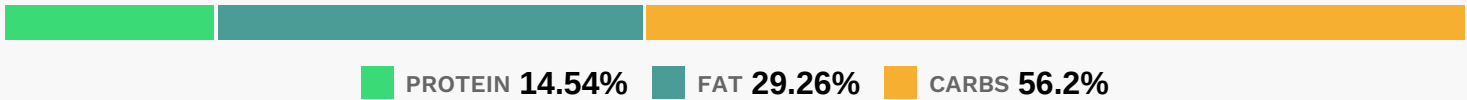
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Put the basil stalks and most of the leaves into the bowl of a food processor.
- ☐ Add the oil and garlic plus a splash of water, then whizz to a rough paste.
- ☐ Put the asparagus at one end of a roasting tin and the beetroot at the other. Season well, then rub with about 1 tbsp of the basil mix. Roast for 7-10 mins until the asparagus starts to caramelise and is cooked, but still firm.
- ☐ Meanwhile, boil the pasta according to pack instructions.
- ☐ Add half the cheese to the basil mix and whizz again to make a cheesy pesto. Season to taste.
- ☐ Drain the pasta, then toss with the pesto, remaining cheese, pine nuts and vegetables.
- ☐ Sprinkle with remaining basil leaves to serve.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:33.23, Inflammation Score:-8, Nutrition Score:24.230435101882%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 605.6kcal (30.28%), Fat: 19.78g (30.43%), Saturated Fat: 6.41g (40.04%), Carbohydrates: 85.47g (28.49%), Net Carbohydrates: 78.96g (28.71%), Sugar: 8.27g (9.19%), Cholesterol: 25.75mg (8.58%), Sodium: 231.57mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.23%), Selenium: 68.95µg (98.51%), Manganese: 1.71mg (85.48%), Vitamin K: 41.46µg (39.49%), Phosphorus: 394.67mg (39.47%), Folate: 126.23µg (31.56%), Copper: 0.53mg (26.61%), Fiber: 6.51g (26.04%), Magnesium: 95.58mg (23.9%), Calcium: 213.88mg (21.39%), Zinc: 3.02mg (20.15%), Iron: 3.59mg (19.96%), Potassium: 617.96mg (17.66%), Vitamin E: 2.33mg (15.55%), Vitamin B2: 0.26mg (15.45%), Vitamin B1: 0.22mg (14.71%), Vitamin B6: 0.29mg (14.61%), Vitamin B3: 2.79mg (13.97%), Vitamin A: 658.46IU (13.17%), Vitamin C: 7.43mg (9.01%), Vitamin B5: 0.73mg (7.28%), Vitamin B12: 0.2µg (3.33%)