

# Bean Pesto Pasta Salad



**Servings:** 1

**Difficulty:** Moderate

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

## Ingredients

- 30g dried, white raw pasta
- 30g dried, wholemeal raw pasta
- 50g drained canned mixed beans
- 30g cherry tomatoes
- 30g Nut-free Pesto
- 20g raw, red onion
- 20g peppers
- 20g sweetcorn kernels  
canned in water, drained

## Nut-free Pesto

- 70g fresh basil
- 40g parmesan cheese
- 40g olive oil
- 9g raw garlic
- 15g lemon juice
- Sprinkle of black pepper

## Method

- To make the nut-free pesto, place the garlic and basil in a food processor or blender and pulse several times until everything is roughly chopped.
- Add the oil and pepper and process until everything is well blended. If it is very thick, add a bit more olive oil.
- Add the cheese and pulse until blended in.
- Bring a large pot of water to the boil. Cook the pasta according to package directions. Drain and rinse the pasta. Transfer the pasta to a large bowl.
- Add 30g of pesto to the pasta and stir until the pasta is well coated. Gently stir in the mixed beans, tomatoes, red onion, peppers and sweetcorn. Season with black pepper.
- Garnish with fresh basil.

## Allergens

Gluten, milk

## Complete your lunchbox with

- Low Fat Yoghurt
- 2 Small tangerines
- Bottle of water

