



PASTA BAKE WITH GREENS PESTO, BROCCOLI, CABBAGE AND SNOW PEAS

Season:	Winter, spring
From the garden:	Parsley, kale, broccoli, cauliflower, cabbage, snow peas
Type:	Dinner
Difficulty:	Easy
Country of origin:	Italy
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *colander
- *wooden spoon
- *frying pan

- *food processor
kale..)
- *measuring cup
- *baking dish
- *large bowl

Ingredients

- *1 medium broccoli (or cauliflower)
- * $\frac{1}{2}$ small cabbage
- *a big handful of snow peas
- *oil for frying

For the pesto:

- *a big handful of greens (parsley, spinach,
- * $\frac{1}{4}$ cup toasted sunflower seeds
- * $\frac{1}{3}$ cup vegetable oil
- *zest and juice of $\frac{1}{2}$ lemon
- *2 cloves of garlic
- *salt and pepper to taste

- * $\frac{1}{2}$ cup sour cream
- *1 cup grated cheese
- *400 g pasta (any smallish shape)

Method:

- 1.preheat the oven to 200 degrees**
- 2.cook pasta in plenty of salted water and keep 1 cup of the cooking water**
- 3.chop the washed broccoli and cabbage into small pieces, slice the snow peas in half lengthwise**
- 4.heat a little oil in a frying pan and cook the vegetables for a few minutes until tender then set them aside**
- 5.for the pesto, add the greens, sunflower seeds, garlic, seasoning and oil into a food processor bowl and process until well combined. Adjust seasoning if necessary**
- 6.in a large bowl, combine the fried vegetables, pasta, pesto, sour cream and $\frac{2}{3}$ of the cheese and mix. Add a little (around $\frac{1}{2}$ cup) of the pasta cooking water to loosen the mixture**
- 7.pour the mixture into a baking dish, sprinkle with the remaining cheese and bake for around 15-20 minutes until golden brown**
- 8.serve with a green salad**

Skills: *measuring, chopping, frying, using a food processor*