



**Did you know?**  
Kale has a good source of plant-based calcium which is needed for strong bones and teeth. Kale is also a good source of vitamin K which studies suggest works with vitamin D to support healthy bone metabolism.

## METHOD

- Bring a pan of water to the boil. Cook the kale for 30 secs, drain and transfer to a bowl of ice-cold water for 5 mins. Drain again and pat dry with kitchen paper.
- Put the basil, garlic, seeds, oil, nutritional yeast, lemon juice and zest, and drained kale in a food processor. Blitz until smooth, then season. Loosen with a splash of water, if it's too thick.
- Cook the pasta following pack instructions, then toss with the pesto and serve with some basil leaves on top.

# Olive Dining

MONTHLY BULLETIN | CHEF'S CHOICE RECIPE

## KALE PESTO PASTA

### INGREDIENTS

- 150G KALE
- SMALL BUNCH OF BASIL
- 1 SMALL GARLIC CLOVE
- 3 TBSP PUMPKIN SEEDS
- 5 TBSP EXTRA VIRGIN OLIVE OIL
- 3 TBSP NUTRITIONAL YEAST
- 1 LEMON, ZESTED AND JUICED
- 350G PASTA OF YOUR CHOICE  
(RECOMMEND WHOLEMEAL SPAGHETTI OR PENNE PASTA)