THERAPY
AND PERFORMANCE CLINIC
RECOVER STRONG, PERFORM STRONGER

SUPERGREEN PESTO PASTA (DINNER)

2 servings 20 minutes

INGREDIENTS

150g spinach
2 tsp easy chop garlic or 1 large clove raw garlic
Zest of 1 lemon
60g goat cheese
8 walnut halves
1 tbsp good extra virgin olive oil
Salt and pepper
Parmesan
Fresh basil
Chives
150g pasta
Optional (cooked chicken)

DIRECTIONS

1. Boil up the pasta in salted water then drain it, but hold onto a cup of that pasta water. Set it aside for later.

2. Dip the spinach in boiling water for 30 seconds, then cool it off in a bowl of ice water. Squeeze out the extra water and toss the spinach into a blender. Add in 60g of goat cheese, 1 tbsp of olive oil, 1-2 tbsp of grated parmesan, 1-2 tbsp of that pasta water you saved, garlic, lemon zest, walnuts, 20g of fresh basil, and 2 tbsp of chopped chives. Blitz it all up until it's smooth and rocking that vibrant green colour. Taste it and throw in some salt and pepper until it feels just right.

3. Pop that pesto into a pan and warm it up with the cooked pasta. Add a splash of pasta water to keep things silky without getting too sticky. Grate in a little extra parmesan and give it a good seasoning to suit your taste.

4. Serve that pasta with a sprinkle of fresh basil and some crushed toasted walnuts on top.