

ROCKET PESTO

WITH PENNE PASTA



DID YOU KNOW? ➤

The rocket and tomatoes in this dish provide about one portion of your 5-a-day. Add a crunchy salad to make it an even more nutritious meal.

MAKE IT! ➤

Watch the video:
youtu.be/zsLEzEHRBu0

Chef Mark shows you how to make this recipe at home!



ROCKET PESTO WITH PENNE PASTA

DO IT! ☀

SERVES: 6

GET IT! ☀

INGREDIENTS

1 lemon
400g rocket
50g pine nuts (if allergic to nuts, replace with pumpkin seeds)
200g grated parmesan cheese
300ml olive oil
1 tsp garlic purée
500g penne pasta
8 cherry tomatoes
1 ball of mozzarella

This recipe was created by Harrison's Director of Food and Service Mark Stower.

Prep time: 20 minutes

1. Fill a 3 litre pan three-quarters full with water and bring to the boil.
2. Zest the lemon and set aside for later.
3. To make the pesto, place the rocket, pine nuts, and parmesan cheese into a food processor and blend the contents into a rough purée. Then add the olive oil and garlic purée. Process for an additional 15 seconds. Season with salt and pepper and spoon the pesto into a clean bowl. Set aside.
4. Add a dash of oil to the boiling water, then add the pasta. Cook for 8 to 10 minutes.
5. Cut the tomatoes in half and tear the mozzarella into strips, reserving both for later.
6. When the pasta is cooked, drain well in a colander.
7. Place the pasta back into the pan and add the rocket pesto. Use more or less depending on how strong you want the flavour to be. Then add the lemon zest and stir thoroughly.
8. To serve, spoon the pasta into a large bowl and scatter equal amounts of the mozzarella strips and the tomatoes on top. Garnish with some fresh rocket leaves if you like.