

Pasta and Green Sauce



Serves 3-4

Cooking Time (including preparation)

- Buckwheat or Rice Pasta 20-30 mins for Kapha
- Wholegrain Pasta 30-40 mins for Vata and Pitta

Ingredients

- ½ cup chopped pine nuts
- 1 cup freshly minced parsley
- ¾ cup freshly minced basil
- ½ cup olive oil
- 1 tsp salt
- 450 gm pasta (Buckwheat/Rice Pasta for Kaphas, Wholegrain Pasta for Vata/Pitta)
- Crumbled tofu on top for taste

Method

Combine the nuts, herbs and salt blending well in a food processor, adding the oil a little at a time. Blend until smooth. Cover and put sauce to one side. Cook the pasta and top with the sauce and tofu.

Serve with Fennel in Orange Sauce.

To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal