

Super-green pesto pasta

Ingredients

- 2 broccoli heads, cut into florets
- ½ bunch kale leaves, chopped, stalks discarded
- ½ bunch spinach leaves, chopped stalks discarded
- 1 bunch basil, leaves picked
- 3 garlic cloves, minced
- Juice and rind of 1 lemon
- 1 cup grated parmesan
- 1 cup olive oil
- 1 tin chickpeas, drained and rinsed
- Salt and pepper, to taste



Method

1. In a large saucepan of boiling water, blanch broccoli and kale for a minute or until kale has wilted. Transfer greens to a bowl of cold water to refresh.
2. Add spinach to pan and cook for 10-20 seconds until wilted. Refresh in cold water. Drain greens.
3. For pesto, place blanched greens in a food processor with basil, garlic, lemon juice, parmesan, oil, and chickpeas. Blend until finely chopped. Season as needed.
4. Serve with fresh pasta or gnocchi.