



RAW NETTLE PESTO WITH KASLO SOURDOUGH PASTA

Serves 4

This is an earthy and bright pesto using wild nettles that grow on the edge of the Ashram garden. Blending raw nettles removes their sting! We use Kaslo Sourdough Pasta, a local BC producer, but feel free to use any pasta shape or brand you prefer.

INGREDIENTS

- 4 cups (packed) raw nettle leaves
- 1 cup toasted walnuts (or pumpkin seeds) + ¼ cup for garnish
- ¼ cup lemon juice
- ¼ cup olive oil
- 1 tsp sea salt, or to taste
- ½ cup unsweetened nut or rice milk
- Optional:
- ¼ cup roasted garlic
- ½ cup grated Parmesan cheese

320-400 grams of Kaslo Sourdough Pasta radiatori

HEALING SPREAD

METHOD

Using tongs, carefully pack the nettle leaves into a blender cup. Add the toasted walnuts, lemon juice, olive oil and salt. Blend on medium-high speed, using the tamper to push the mixture into the blades.

Once the ingredients have blended roughly, add the milk and blend again until smooth. If using roasted garlic or Parmesan, add them at this stage and blend briefly until combined.

Taste and adjust seasoning with more lemon juice, salt or olive oil, if needed.

TO SERVE

Cook your pasta of choice according to the directions on the package. Toss the nettle pesto with the freshly cooked pasta. Serve warm, with a sprinkle of nuts on top, or Parmesan cheese, if desired.

To store, cover with a thin layer of olive oil and refrigerate for up to 5 days.