

Pesto pasta



Serves 3-4

Ingredients

- 2 cups pasta
- 2 cups frozen vegetables
- 2 tbsp basil pesto
- 1 tbsp walnuts
- 1 tbsp slivered almonds
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds



Method

1. Bring a large pot of water to the boil. Cook pasta according to packet instructions.
2. Add frozen vegetables to a large heat-proof bowl. Place a colander over the top. Drain pasta into the colander so the boiled water drains over the frozen vegetables.
3. Place cooked pasta into a bowl and add pesto. Mix well to coat pasta.
4. Use the colander to drain the vegetables then place the vegetables into the pesto pasta. Mix well to coat the vegetables with pesto.
5. Sprinkle the nuts and seeds into the bowl and mix them through.

Feeding Kids Tips

If this is a new food for your children, try to eat with them and eat the same food. Then children are more likely to eat and enjoy it too.