



MUNG BEAN PASTA + HERB PESTO



Tags: [Pitta](#), [Summer](#)

Prep Time: 15

Cook Time: 35 Min

Serves: 2

Directions:

1. Boil 8 cups (2L) of water with a little salt to taste, add the fettuccine, and simmer gently for 7-8 minutes or until cooked through. Rinse under cold running water.
2. In a separate saucepan, melt the ghee then remove the saucepan from heat, add flour and stir continuously until the mixture becomes smooth.
3. Slowly add the coconut milk and continue to mix, return the saucepan to a low flame and cook until the mixture is thick.
4. Add cheese (optional), pesto (see below), salt, and pepper to taste.
5. While the sauce is thickening, in a separate pan add 1 tablespoon of ghee and saute the veggies for a few minutes until slightly cooked or desired texture.
6. Mix the sauce with the fettuccine and veggies and serve.



Herb Pesto Directions

1. In a food processor start by blending the pine nuts then add your herbs and/or greens. Mix until smooth.
2. Add cheese (optional) and with the processor on, with a slow drip, add olive oil into the processor.
3. Add salt, pepper, and coriander and blend until all ingredients are incorporated.

*Save your leftover pesto sauce for a homemade pizza or pasta

Ingredients:

1 Pack of Edamame + Mung Bean Fettuccine

2 Tbsp. ghee

2 Tbsp. garbanzo/chickpea flour

1 can of coconut milk

¼ cup grated Parmesan cheese (can omit)

2-4 Tbsp. pesto (recipe below)

Salt and pepper

1 yellow squash cubed

1 cup of green peas

1/2 cup of cherry tomatoes halved

*or any doshic appropriate veggies

A handful of each of your favorite fresh herbs: basil, thyme, lavender, dill, cilantro, sage, parsley, chives, oregano, and mint

A handful of fresh green (kale, chard, spinach)

1/2 cup of dry roasted sunflower or pumpkin seeds or a combo of both!

1/2 cup of grated parmesan cheese (can be omitted)

¾ cup of olive or sunflower oil

1 tsp. coriander

salt and pepper to taste

Here is a fresh tasty coconut pesto pasta made from herbs right in your garden. You can make different pesto variations by using herbs and greens like chard, spinach, and kale. Use what you have available. Great for homemade pizzas too!