



Inspiring RECIPES

Creamy GEM® avocado linguine with parmesan and basil

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PREP



-

COOK



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SERVES



2

GEM® avocado and pasta might seem like an unlikely combination, but in fact they make a deliciously rich and creamy sauce. If you'd prefer to keep this vegan, you can leave out the cheese, or use a plant-based substitute.



INGREDIENTS

200g linguine or other long pasta

1 GEM® avocado

1 tbsp extra virgin olive oil

Juice of 1/2 lemon

1 garlic clove, peeled and crushed

50g finely grated parmesan

1/2 tsp chilli flakes

Small bunch of basil

METHOD

1. Cook the pasta in a large pan of salted water until done to your liking.
2. While it's cooking, peel and dice the GEM® avocado and use a stick or stand blender to whizz to a sauce with the oil, lemon juice and 3 tbsp cold water, then add the garlic and most of the cheese, keeping back a pinch for later, and whizz again. Season to taste with salt and the chilli flakes. Pick the leaves from the basil stems.
3. Drain the pasta well, toss with the sauce until well coated, then tuck the basil leaves around the plate. Top with the remaining cheese and serve immediately.

NUTRITION INFORMATION

Per serving

Calories 3058kJ / 730kcal

Fat 38g

Saturates 11.1g

Carbohydrate 77.1g

Sugar 2.7g

Fibre 10.3g

Protein 22.5g

Salt 1g