

Avocado Pesto Linguine

Serves 2



Creamy avocado blended with fresh herbs, chilli and garlic makes a great alternative to pesto; perfect topped with crispy strips of Proscuitto or Parma ham - even lean back bacon.

Ingredients

200g (8oz) JUVELA Gluten-Free Fibre Linguine (dry weight)
1 large ripe avocado
1 garlic clove, peeled and crushed
Juice of ½ lemon
2 tbsp fresh parsley
4 tbsp fresh basil
½ red chilli, deseeded and roughly chopped
1 tbsp olive oil
25g (1oz) fresh Parmesan, grated
4 slices of Parmesan, grated
4 slices of Proscuitto ham

Method

Cook the Linguine as per instructions on the pack, drain and rinse thoroughly with boiling water. Place the slices of Proscuitto under a medium grill and grill each side until crisp.

Meanwhile, to make the pesto, remove the skin and stone from the avocado and roughly chop the flesh.

Place the avocado, garlic, lemon juice, herbs, chilli, olive oil and parmesan in a food processor (or use a hand blender) and blend until smooth.

Stir the pesto into the hot freshly cooked pasta, top with Proscuitto strips and season with freshly ground black pepper.