

Lemony Caper & Arugula Pasta

Ingredients

4 fresh basil leaves, chiffonade
1/2 lemon, juiced
1/4 cup olive oil
1 tbsp capers (without the brine)
1 tsp Dijon mustard
1/2 tsp white wine vinegar
1/2 tsp salt
1/4 tsp smoked paprika
1/4 tsp garlic powder
1/4 tsp pepper
2 tbsp sunflower seeds
3/4 cups short pasta
35 g parmesan cheese, grated
1/3 cup white kidney beans
Handful arugula (approx. 15 g)

Instructions

1. In a large bowl combine the basil, lemon juice, olive oil, capers, Dijon mustard, white wine vinegar, salt, smoked paprika and pepper.
2. Use a mortar and pestle to crush the sunflower seeds.
3. Add the sunflower seeds to the large bowl.
4. Cook the pasta in a salted pot of boiling water and cook for about 7-8 minutes until al dente, check package for exact cook time.
5. Drain pasta and add to the large bowl, mix into the dressing.
6. Add the white kidney beans and grated parmesan cheese and mix into the pasta.
7. Mix in the arugula and serve.