

TROFIE AL PESTO

A TASTE OF LIGURIA



 2 servings

 20 minutes



INGREDIENTS

For the Pasta

- 200 g Trofie pasta (fresh or dried)

For the Pesto Sauce

- 30 g fresh basil leaves
- 30 g pine nuts
- 1 small clove of garlic
- 60 g grated Parmesan cheese
- 60 ml extra virgin olive oil
- Salt to taste



INSTRUCTIONS

1. In a mortar or food processor, combine the basil leaves, pine nuts, and garlic. Crush or blend them gently until a rough paste forms. You can roast the pine nuts a little beforehand for a more intense flavor.
2. Stir in the grated Parmesan.
3. Slowly pour in the olive oil while mixing until the sauce becomes smooth and creamy. Add a pinch of salt to taste.
4. Bring a large pot of salted water to a boil. If you are using fresh Trofie, cook them for about 2-3 minutes, or until they float to the surface. If you are using dried Trofie, cook them according to the package instructions, usually around 8-10 minutes, until al dente.
5. Reserve a small cup of pasta cooking water, then drain the pasta. Mix the warm trofie with the pesto sauce, adding a little cooking water if needed to create a silky texture.



TIPS

- Use fresh basil if possible.
- Avoid heating the pesto directly.
- Add pasta water carefully.



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