

Fresh Pesto Pasta with Vegetables - A Vibrant 30-Minute Meal

Pesto Pasta with Vegetables and Parmesan - Fresh, Fast, and Full of Flavor ???



TIME
5 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

For the Pasta:

1 lb fresh pappardelle pasta (or your preferred pasta)

4 cups water

Salt (to taste)

For the Pesto Sauce:

2 cups fresh basil leaves

1/2 cup pine nuts (or walnuts)

2 cloves garlic, minced

1/4 cup grated Parmesan cheese

1/2 cup extra virgin olive oil

Salt and pepper, to taste

For the Vegetables:

1 cup cherry tomatoes, halved

1/2 cup baby spinach

1/4 cup sundried tomatoes, chopped (optional)

For Garnish:

Grated Parmesan cheese

Fresh basil leaves (optional)

DIRECTIONS

1. Cook the Pasta: Bring 4 cups of salted water to a boil.
2. Add pasta and cook according to package instructions (3-5 minutes for fresh pappardelle).
3. Drain, reserving a small cup of the pasta water. Set aside.
4. Make the Pesto: In a food processor, combine basil, pine nuts, garlic, and Parmesan.
5. Pulse until roughly combined.
6. Slowly drizzle in olive oil while blending until smooth and creamy.
7. Season with salt and pepper to taste.
8. SautØ the Vegetables: Heat a small amount of olive oil in a pan over medium heat.
9. Add cherry tomatoes and cook for 2 minutes until softened.
10. Stir in spinach and sundried tomatoes (if using); cook for another 1-2 minutes until the spinach wilts.
11. Combine and Toss: In a large bowl or pan, toss the cooked pasta with pesto.
12. Add a splash of reserved pasta water if needed to loosen the sauce.
13. Mix in the sautØed vegetables until evenly coated.
14. Serve: Plate the pasta.
15. Garnish with extra : Parmesan and fresh basil leaves.
16. Serve immediately and enjoy every fresh, herby bite!

SWAPS & NOTES

Nuts: Walnuts are a great alternative to pine nuts and more budget-friendly.

Pasta: Try linguine, rigatoni, or even gluten-free varieties if needed.

Leafy Greens: Arugula or kale can replace spinach for a bolder bite.

Add Protein: Grilled chicken, shrimp, or white beans make it more filling.

TIPS FOR SUCCESS

Use fresh basil: It makes all the difference in flavor and color.

Don't overcook the veggies: Keep them just tender for the best texture.

Reserve that pasta water: It helps the pesto coat the noodles like a dream.

Toast your nuts: Lightly toasting pine nuts or walnuts enhances their flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fresh-pesto-pasta-with-vegetables-a-vibrant-30-minute-meal/>