

BRAIN-BOOSTING RECIPES



Tortellini with pesto and broccoli

INGREDIENTS

SERVES 2

- 140g tenderstem broccoli (cut into short lengths)
- 250g fresh tortellini
- 3 tablespoons pesto
- 2 tablespoons toasted pine nuts
- 1 tablespoon balsamic vinegar
- 8 cherry tomatoes (halved)

Source: www.bbcgoodfood.com/recipes/9040/tortellini-with-pesto-and-broccoli

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METHOD

- Boil a large pan of water. Add the broccoli and cook for 2 minutes
- Add the tortellini and cook for a further 2 minutes (or according to instructions on the pack)
- Drain the broccoli and tortellini, gently rinse under cold water until cool and place in a bowl
- Toss with the pesto, pine nuts and balsamic vinegar
- Add the tomatoes and separate into two portions

Tip: Let the salad get to room temperature during the morning to get the most flavour from the tomatoes and pesto!

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