

CREAMY AVOCADO PASTA

With Roasted Pistachios and Basil



Little known fact: Avocados are actually a fruit, not a vegetable, and have been cultivated in South America for over 7000 years. It's said that a Mayan princess ate the first avocado and it possessed magical powers. Well, it's true! Avocados are a great source of fiber and have the power to lower your cholesterol with their monounsaturated fat. It's worth mentioning that when this magical fruit is used to make a creamy pasta sauce studded with savory roasted pistachios, you have a dish to royally enjoy!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 620
 Carbohydrates: 75g
 Fat: 30g
 Protein: 16g
 Sodium: 330mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



SOY-FREE

DRINK PAIRING

Creamy Chardonnay
 Riesling
 Light Lager

INGREDIENTS

5 oz. Grape Tomatoes
1 Avocado
1 Lemon
3 Basil Sprigs
1 Green Onion
1 Garlic Clove
½ tsp. Red Pepper Flakes
8 oz. Angel Hair Pasta
0.6 oz. Roasted Pistachios

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Colander
Mixing Bowl
Medium Pan

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Prepare the Ingredients

Bring a medium pot with **salted water** to a boil. Thoroughly rinse produce and pat dry. Halve **grape tomatoes**. Halve **avocado** and remove the pit. Halve and juice **lemon**. Stack **basil leaves**, roll them, and slice perpendicular to the roll into thin strips (chiffonade). Trim ends and slice **green onion** thinly on the bias. Mince **garlic** and divide in half for use in two steps.



Make the Sauce

In a bowl, scoop out the **avocado** and combine with **half the minced garlic** and **half the sliced basil**. Add **lemon juice** to taste. Mash with a fork or potato masher until smooth. Season with a pinch of **salt** and **pepper**.



Saute the Tomatoes

Warm a medium pan over medium heat. When hot add 1 tsp. **olive oil** and **remaining minced garlic**. Cook for 30 seconds, or until aromatic, then add **sliced green onions, halved tomatoes, and red pepper flakes** (to taste). Cook for 5 minutes, or until tomatoes become blistered and slightly softened. Set aside.



Prepare Pasta

Add **angel hair pasta** to pot of **boiling water** and cook for 6-8 minutes, or until al dente (Italian for "to the tooth", so it still has a little bite to it.)



Mix The Pasta

Add **avocado sauce** to the **angel hair pasta** and toss to combine. If desired, add 1 tsp. **olive oil** for added richness.



Plate

Place a portion of **pasta** into a shallow dish. Top with a serving of **blistered tomatoes** and a sprinkle of **roasted pistachios**. Garnish with **remaining basil, remaining red pepper flakes** (to taste), a pinch of **salt**, and a crack of fresh **black pepper**.