



Brown Rice Spaghetti in Kale Pesto

2 servings

20 minutes

Ingredients

- 1/2 cup Brown Rice Spaghetti
- 4 cups Kale Leaves (washed and chopped)
- 1/4 cup Pumpkin Seeds
- 1 Garlic (cloves)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Basil Leaves
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Cherry Tomatoes (halved)
- 1 cup Arugula

Directions

- 1 Cook brown rice pasta as per the directions on the box. When pasta is finished cooking, strain it and immediately run cold water over it to prevent further cooking.
- 2 While the pasta cooks, make up your kale pesto by combining the kale, olive oil, pumpkin seeds, garlic, basil, salt and pepper into a food processor or magic bullet. Blend until a creamy pesto forms. If it is too thick, try adding a small splash of warm water or oil and mix again.
- 3 Plate noodles and pour a spoonful or two of pesto on top. Finish off with a handful of arugula, cherry tomatoes and sprinkle with salt and pepper.