

Cashew pesto linguini with nut crumble

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Keep this simple with this delicious raw linguini recipe by Sally O'Neil aka The Fit Foodie.

Ingredients (Serves 2)

- ½ cup heirloom tomatoes

Pesto

- 1 cup fresh basil
- ½ cup cashews
- 2 garlic cloves
- 2 tbsp nutritional yeast (optional)
- 2 tbsp lemon juice
- ¼ teaspoon Himalayan salt (or to taste)
- ¼ cup extra-virgin olive oil

Linguini

- 4 zucchini

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- 1 tbsp olive oil
- 1 tbsp lemon juice
- Freshly ground black pepper

Crumble

- 1 tbsp each pepitas, sesame seeds, cashews and pine nuts

Method

Halve the tomatoes and place on a tray in the oven on your lowest setting, or use a dehydrator, to heat through.

Put all the pesto ingredients, apart from the oil, into a food processor and blend until well combined.

Add the oil while the blade is running in a steady stream until your desired consistency is reached.

Set the pesto aside and season to taste with salt and pepper.

Next, grate or spiralise the zucchini and set aside in a bowl.

Add 1 tablespoon olive oil and 1 tablespoon of lemon juice, toss through and season with pepper.

Add a few tablespoons of the pesto and mix well until the zucchini is coated, then serve with the warm tomatoes and a sprinkle of crumble.

Words, recipes and photography: Sally O'Neil ([@thefitfoodieblog](#))

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