

GOOP



Tamra Davis

Grilled Fish with Pesto aka “Shrek Pasta”

Serves: 4

Time: 30 minutes

ingredients

- 1 16-ounce package of spaghetti
- 1 cup toasted pine nuts, a small amount reserved for garnish
- 4 cloves garlic
- 2 cups basil leaves, washed, one reserved for garnish
- ½ cup parmesan cheese (optional), plus a small amount reserved for garnish
- ½ cup olive oil
- ½ cup vegetable stock or water
- salt and pepper

preparation

Shrek Pasta

Boil water and cook the pasta. Meanwhile, toast the pine nuts in a frying pan with a pinch of salt. When they turn lightly brown put them in a blender with the garlic, basil, parmesan cheese and olive oil. Add a ¼ cup of vegetable stock or water and blend until smooth. You may need to add a bit more stock or water to get the consistency that you like. Add plenty of salt and pepper to taste. Serve topped with toasted pine nuts, a basil leaf and parmesan cheese.

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Grilled Fish with Pesto aka “Shrek Pasta”

preparation(cont'd)

Grilled Fish with Pesto

Lightly brush four 6-ounce filets of fish (halibut, cod, salmon, or sea bass) with olive oil, lemon and salt. Grill for three to five minutes per side depending on how rare you like it. Place the grilled fish on top of a plate of spaghetti. Top with the Shrek Pesto Sauce, some toasted pine nuts, grated parmesan and shredded basil.

It's excellent, and an easy dinner to pull off for guests and kids.

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