

GREEN GODDESS PESTO BEANS

4 servings

Per serving:

Calories: 450, Protein: 27g, Fat: 13g, Carbs: 45g

INGREDIENTS

1 tablespoon olive oil

1 tsp dried thyme

1 tsp chilli flakes

2 zucchini sliced thickly

2 cups of spinach

1 cup of kale (leaves only)

350g silken tofu

½ lemon squeezed

4 tablespoons nutritional yeast

1 cup loosely packed Basil leaves

¼ cup of roasted Pistachio (sub any nut - pine nuts or cashews)

1 cup of light coconut milk

2 cans of white beans

Parsley

Chilli Oil

LF greek yoghurt

DIRECTIONS

1. Mix zucchini, spinach and kale with oil and spices then either bake in 180C oven for 15 – 20 minutes or sautee in covered pan for 3-5 minutes (until kale and spinach is wilted)
2. Add tofu, basil, lemon juice, nutritional yeast, nuts, coconut milk and cooked vegetables into a blender, blend until smooth
3. Place drained beans into a large oven proof pan, top with pesto sauce, mix well and place in the oven (or stove top) until warmed through
4. Garnish with chilli oil and Dollops of yoghurt