

# KAMUT SPAGHETTI WITH CILANTRO PESTO



## INGREDIENTS

for 4 servings

500g kamut spaghetti  
2 cloves garlic  
150g cilantro  
70g pine nuts  
125ml olive oil  
75g parmesan cheese  
15g sun-dried tomatoes  
salt

## PREPARATION

1. Cook the spaghetti according to the directions on the box until it is al dente. Alternatively, you can also choose buckwheat spaghetti.
2. While the pasta is cooking, peel the garlic and use a mixer or hand blender to transform it to a paste.
3. Now add all other ingredients to the garlic, except the salt and process everything to a smooth pesto. Now add salt to taste.
4. Drain the pasta as soon as it is al dente, mix it with the pesto and serve.

**Enjoy your meal!**

## HEALTH TIPS

Fresh cilantro supports digestion and eliminates Ama, the metabolic toxins that cause many diseases.

Garlic stimulates the cleaning process of the immune system, while pine nuts contain a high amount of phosphorus and selenium. Both aid at restoring the cell structure and protecting it from free radicals.

**TEN TIMES AWARDED AS  
“THE BEST AYURVEDIC CENTRE”**

**BY THE GOVERNMENT OF KERALA**



SOMATHEERAM **AYURVEDIC HEALTH RESORT**

