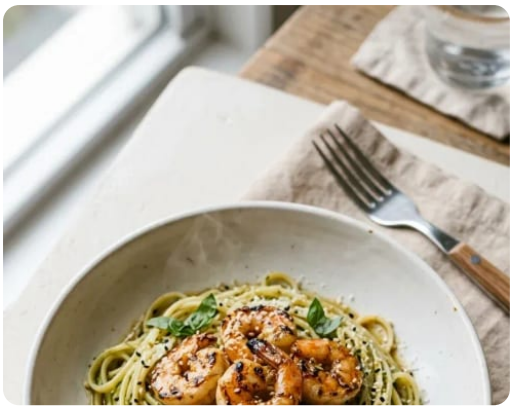

Foodnity Recipes

# Pesto Pasta with Garlic Sesame Sauce

| | | |
|---|---|---|
| **15 min**<br>Prep time | **10 min**<br>Cook time | **25 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Fusion**<br>Cuisine |

## Ingredients

### Pasta and Protein

- [ ] 12 oz linguine or fettuccine
- [ ] 8 oz grilled shrimp or diced chicken (optional)

### Classic Pesto

- [ ] 2 cups fresh basil leaves
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1/3 cup toasted pine nuts
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 cloves garlic, minced
- [ ] Salt and freshly ground pepper to taste

### Garlic Sesame Sauce

- [ ] 2 tbsp toasted sesame seeds
- [ ] 2 tbsp toasted sesame oil
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tbsp fresh lime juice
- [ ] 2 cloves garlic, minced

## Instructions

1. Start by bringing a large pot of salted water to a rolling boil. Add your 12 oz linguine or fettuccine and let it cook for about 9-10 minutes until it's just al dente. Now, look, don't forget to reserve 1 cup of that cloudy pasta water before you drain the pasta into a colander and pop it into a large bowl.

2. While the pasta is doing its thing, let's make the pesto. Put your 2 cups fresh basil leaves, 1/3 cup toasted pine nuts, 1/2 cup grated Parmesan cheese, 2 cloves garlic, minced, and 1/4 cup extra-virgin olive oil into a food processor. Pulse it until it's a smooth, lovely sauce. Go ahead and season with salt and pepper to taste.

3. Grab a small saucepan and heat 2 tbsp toasted sesame oil over medium heat. Add the remaining 2 cloves garlic, minced, and sauté for just 30 seconds. You want it fragrant, but honestly, be careful not to let it brown.

4. Stir in the 2 tbsp soy sauce, 1 tbsp honey, and 1 tbsp fresh lime juice, whisking everything together. Let it cook for about 2 minutes, then take it off the heat. Gently fold in those 2 tbsp toasted sesame seeds and add a pinch more salt if you think it needs it.

5. Now, take that drained pasta in the bowl and pour in your homemade pesto sauce. Give it a good toss so every strand is coated.

6. Slowly add the garlic-sesame sauce a few spoonfuls at a time, stirring continuously. If it feels a bit dry, just drizzle in that reserved pasta water, 1 tablespoon at a time, until the sauce is silky and coats the noodles evenly.

7. If you're using the 8 oz grilled shrimp or diced chicken (optional), gently fold them in now so they don't break apart.

8. Transfer everything to serving bowls. I like to garnish with a bit more Parmesan, a sprinkle of toasted sesame seeds, and a few fresh basil leaves. Serve it immediately while it's warm.

### Nutrition per serving

| 580 kcal | 28 g | 45 g | 32 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- Using reserved pasta water is the secret to a silky consistency.
- Toasting your nuts and seeds really brings out those deep, nutty aromas.
- Fresh basil makes a world of difference compared to dried herbs.