

PARSLEY PESTO

MAKES: APPROXIMATELY 1½ CUP.
SEASON: ALL.

Don't have any parsley? Try making this pesto using basil, coriander or any greens you have like rocket, spinach or kale, or a combination! Use pesto as a pasta sauce, a delicious dip, a salad dressing or in sandwiches and wraps. A fine layer of olive oil on the top of stored pesto will help to keep it fresh in the fridge. Pesto also keeps well in the freezer.

INGREDIENTS

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| ☐ ½ cup pumpkin seeds | ☐ 3 cups parsley leaves |
| ☐ 2 garlic cloves, peeled and chopped | ☐ ½ cup extra virgin olive oil |
| | ☐ juice of a lemon |

EQUIPMENT

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| ☐ measuring cups | ☐ frying pan |
| ☐ chopping board | ☐ wooden spoon |
| ☐ cook's knife | ☐ food processor |
| ☐ citrus juicer | |

WHAT TO DO

1. Toast the pumpkin seeds in a dry frying pan over a medium heat until golden.
2. Put the garlic and the toasted pumpkin seeds into the food processor.
3. Process the mix until fine and crumbly.
4. Add the parsley leaves to the mix and process until finely chopped.
5. Slowly add the olive oil to the mix with the motor running.
6. Add the lemon juice and pulse to combine.
7. Season to taste (optional).
8. Enjoy on top of pasta, pizza or in a sandwich.

