FRESH & FLAVOURSOME

Pesto

YOU WILL NEED

Makes 250g

2 cups well packed basil leaves (1 bunch)
50g pine nuts, lightly toasted (can substitute with cashews, walnuts or almonds)
2 small cloves garlic, crushed
80g grated parmesan cheese
¾ cup extra virgin olive oil
Sea salt

PROCEDURE

- Add basil leaves, nuts and garlic to blender or food processor. Start to blend adding olive oil slowly.
- Blend until smooth or your desired consistency.
- Remove from blender into a small bowl and stir through parmesan.
- Season with salt to taste.
- Store in sterilised jar with film of olive oil on top.

HEALTH TIP

A delicious way to add more nutrients to your meal. Add to zucchini noodles, pasta, poached chicken, baked vegetables, frittata and eggs.