

# PESTO

SONIA FROM MASONS RESTAURANT PROVIDED THE INSPIRATION FOR THIS RECIPE.



## Method

1. In the food processor, blitz together olive oil, garlic, salt, pine nuts and parmesan cheese. Add some chilli to taste if you like.
2. Blitz until you have a smooth consistency.
3. Roughly chop parsley and basil.
4. Add parsley and basil to the food processor and blitz for a few seconds. Don't blend for too long as you will lose the beautiful green colour.
5. Keep in an air tight container in the fridge to be used in multiple dishes.

## Tips

- Pesto can be used simply as an addition to pasta, as a spread for toasted sandwiches or with an egg on toast, spread as a layer in eggplant parmigiana or lasagne.
- Freeze portions of pesto in ice trays. There is ample flavour from two ice cube sizes of pesto to mix in with pasta.
- Add cherry tomatoes, sliced zucchini cooked in a pan and chicken pieces for a more interesting pasta dish.
- If you have access to lots of basil, pesto in jars makes a great present for friends.

A RECIPE USING YOUR SUMMER HARVEST THAT CAN BE FROZEN AND EATEN ALL YEAR ROUND

<b>DIFFICULTY</b>	Easy
<b>PREP. TIME</b>	10 minutes
<b>COOKING TIME</b>	-
<b>SERVES</b>	6

## INGREDIENTS

1 ½ cups of olive oil  
3-4 cloves of garlic  
Pinch of sea salt  
½ cup of pine nuts or sunflower seeds for a nut free option  
½ cup parmesan cheese grated  
Large bunch of basil  
Large bunch of parsley  
Fresh or dried chilli optional

## EQUIPMENT

Food processor  
Knife  
Chopping board



