

BASIL & SUNDRIED TOMATO PESTO



INGREDIENTS

¼ cup pine nuts
3 cloves garlic
2 cups basil, fresh leaves
¼ cup sundried tomato
8 tbs oil olive
¼ cup cheese parmesan, finely grated
salt & pepper

PREPARATION TIME: 5 MINS

COOKING TIME: 10 MINS

SERVES: 8+

METHOD

Place a small saucepan on medium heat, add the garlic and nuts and stir constantly for about 3 minutes.
Place all ingredients into a food processor and pulse until you have a smooth paste.

REHEATING, STORAGE & LEFTOVERS

Store in an airtight container in the fridge and use within a few days, or freeze in meal-sized portions.

VARIATIONS & TIPS

You can easily substitute the pine nuts for almonds or walnuts to change the flavour.
This pesto is delicious with pasta for a quick simple meal. Simply stir the pesto through some cooked pasta with a little of the water from the pasta pot. For extra flavour, add some grilled chicken and zucchini.

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.