

Parsley Pesto

Season: All

Makes: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: garlic, lemon, parsley

Parsley pesto is a fresh, zesty alternative to basil pesto, and just as tasty!

Note: You can substitute the pine nuts with an equivalent amount of pepitas or sunflower seeds. A layer of olive oil on the top of stored pesto will help to keep it fresh. Pesto also keeps well in the freezer.

Equipment:

metric measuring scales and cups
tea towel
chopping board
cook's knife
grater
juicer
frying pan
wooden spoon
food processor
spatula
serving bowl

Ingredients:

½ cup pine nuts
2 garlic cloves, peeled and chopped
2 cups parsley leaves, well-packed
120 g parmesan cheese, grated
½ cup olive oil
juice of half a lemon
a generous pinch of salt



What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Toast the pine nuts in the frying pan over a medium heat.
3. Add the garlic and the toasted pine nuts to the bowl of the food processor.
4. Process the mix until fine and crumbly.
5. Add the parsley leaves to the food processor and process until finely chopped.
6. Place the parmesan in the bowl of the food processor. With the motor running, slowly add the olive oil.
7. Add the lemon juice and pulse to combine.
8. Check seasoning and adjust if necessary.
9. Using the spatula, scrape the parsley pesto into the serving bowl.