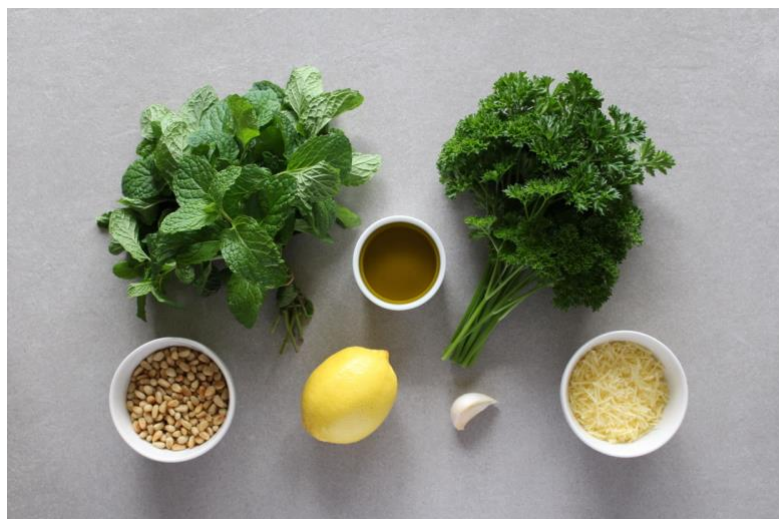


Mint and Parsley Pesto



Serves: Makes approx. ½ cup pesto

Prep time: 10 minutes

Cook time: 2 minutes

Dietary: V

Ingredients

- 1 cup packed mint leaves
- 1 cup packed parsley leaves
- ¼ cup extra virgin olive oil
- ¼ cup nuts (e.g. pine nuts, cashews, walnuts or almonds)
- 1 garlic clove, crushed
- Zest of 1 lemon
- 1 tablespoon lemon juice
- ¼ cup grated parmesan cheese
- Salt and pepper, to season

Method

1. In a small frying pan, toast nuts over a low heat until lightly toasted. Allow to cool.
2. Wash and dry mint and parsley leaves.
3. Add mint, parsley, extra virgin olive oil, toasted nuts, garlic, lemon zest, lemon juice and grated parmesan to a food processor. Season with salt and pepper.
4. Blend until smooth. Enjoy!
5. Store in the fridge in an airtight jar for 2 – 3 days (cover the top with a layer of oil).

Dietitian's Tip: Pesto can be served with bread, as a dip, stirred through pasta or as a sauce for meat, fish, chicken or vegetables. Try variations by adding basil or rocket in the place of parsley or mint.