

Basil Pesto

Ingredients

120g parmesan cheese

½ cup sunflower seeds

2 large handfuls basil (about 2 cups well-packed leaves)

4 garlic cloves

½ cup olive oil

Method

- Weigh the parmesan cheese and grate it.
- Place half the parmesan in the bowl of the food processor and set the other half aside in the medium bowl.
- Gently pull the basil leaves from their stems. Rinse the leaves and dry by rolling in a tea towel. Place the leaves in the bowl of the food processor and the stems in the compost bucket.
- Peel the garlic, crush and roughly chop and add to the food processor with the sunflower seeds. Process the mix until you have a rough paste. With the motor running, slowly add the oil. You should have a paste that is the same consistency of mayonnaise. If not add a little more oil.
- Using a spatula, scrape the pesto into a bowl with the remainder of the parmesan and stir to combine. Season with salt if necessary. Serve into 4 small bowls.