

Zucchini Pesto

Ingredients:

- 1 large zucchini, sliced
- 2 tablespoons olive oil
- 2 cloves garlic, peeled and chopped
- 1 teaspoon salt
- 1 cup spinach
- ½ cup basil
- ½ cup sunflower seeds
- ½ cup grated parmesan
- 1 tablespoon lemon juice

Method:

- Heat 1 tablespoon of oil up in a fry pan. Add zucchini and fry until golden brown.
- Turn heat down and add garlic, and salt. Cook for 2-3 minutes. Remove from pan and cool in fridge.
- Once zucchini is cooled, add all remaining ingredients into the food processor with zucchini and blitz until smooth.
- Serve into 4 ramekins.