

BASIL PESTO

INGREDIENTS

½ cup sunflower seeds

4 garlic cloves, peeled and chopped

2 cups basil leaves

120g parmesan cheese, grated

¾ cup olive oil

Pinch salt

METHOD

Prepare all of the ingredients based on the instruction list.

Dry fry the sunflower seeds in a frying pan over a medium heat until golden.

Add garlic to the food processor along with the sunflower seeds.

Process the mix until you have a rough paste.

Add the leaves of the basil and the parmesan to the food processor. With the motor running, slowly add the olive oil.

Taste for salt and season if necessary.

Using a spatula, scrape the pesto into your favourite dish.