

Pesto

Ingredients

50g pine nuts
large bunch of basil
50g Parmesan (or vegetarian alternative)
150ml olive oil, plus extra for storing
2 garlic cloves

★ Aim Higher

Play around with flavours and try replacing basil with sun dried tomatoes, olives or rocket.

Equipment

All equipment is provided by school

REMEMBER TO BRING A CONTAINER OR JAR WITH A TIGHT FITTING LID TO TAKE YOUR FOOD HOME

Method:

1. Heat a small frying pan over a low heat. Cook the pine nuts until golden, shaking occasionally.
2. Put into a food processor with the remaining ingredients and process until smooth, then season.
3. Pour the pesto into a jar and cover with a little extra oil, then seal and store in the fridge. It will keep in a fridge for up to two weeks.