



BASIL PESTO



INGREDIENTS

MAKES ABOUT 250ml

- 4 tbsp sunflower seeds
- 4 garlic cloves, crushed
- 1 tsp salt
- A large double handful of fresh basil leaves
- 25g grated Parmesan cheese
- 125ml olive oil

EQUIPMENT

- Food processor
- Frying pan
- Chopping board
- Sharp knife
- Measuring spoons
- Weighing scales
- Grater
- Measuring jug

INSTRUCTIONS

1. Put the sunflower seeds in a dry frying pan and fry gently for about a minute.
2. Once cool, transfer to a food processor or blender, add the garlic, salt and basil, and puree to a paste.
3. Add the parmesan, blend again, then add the oil and blend again until smooth.
4. Add extra olive oil if you want a looser texture.



FROM THE GARDEN

- Basil
- Garlic