

Nut free pesto

Traffic light category: **Green**

Serves: 10

Ingredients

- » 2 tablespoons sunflower seeds
- » 1½ cups firmly packed basil leaves
- » ⅓ cup parsley leaves
- » ½ cup parmesan, finely grated
- » 1 large garlic clove, chopped
- » ½ cup olive oil
- » 1 tablespoon lemon juice

Method

1. Toast sunflower seeds in a non stick pan on medium heat for 2 minutes. Do not let them burn
2. Blend basil, parsley, sunflower seeds, cheese and garlic in a blender until a rough paste forms
3. Add the oil gradually through the blender chute with the motor running
4. Tip into a bowl, add the lemon juice and season with pepper if desired.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	17g	100g
Energy	3356kJ	1934kJ
Protein	14.5g	8.3g
Total fat	82g	47g
Saturated fat	9.7g	9.9g
Carbohydrate	2.1g	1.2g
Sugars	1.1g	0.7g
Dietary fibre	3.4g	2.0g
Sodium	430mg	248mg

