

Nut free pesto

Recipe developed by WASCA

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.

Serving suggestions

- Use as a sandwich filling with fresh roasted chicken
- Stir through warm pasta for a delicious lunch
- Stir through cooked penne pasta along with halved cherry tomatoes for a great pasta salad
- Served with toasted pitta bread and vegetable sticks as great dip.



Supporting healthy choices

☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](#)

💻 waschoolcanteens.org.au [t /wascainc](#)