



FRESH BASIL PESTO



Ingredients

- 2 cups fresh basil leaves, packed
- ¼ cup pine nuts, toasted if desired
- 3 garlic cloves, minced
- ½ cup extra virgin olive oil
- ¼ tsp salt, or more to taste
- ⅛ tsp black pepper, or more to taste
- ¼ cup freshly grated Parmesan cheese (optional)

Instructions

1. If toasting pine nuts, toast in a dry skillet over medium heat for 3–5 minutes, stirring frequently, until golden brown. Set aside to cool.
2. In a food processor, combine basil, pine nuts, and minced garlic. Pulse until well combined.
3. With the food processor running, slowly drizzle in the olive oil. Occasionally stop to scrape down the sides. Continue processing until smooth.
4. Transfer pesto to a bowl, stir in the grated Parmesan (if using), and season with salt and pepper. Use immediately or store in the fridge for up to 3 days.

Helpful Tips

- You can substitute pine nuts with other nuts like walnuts, almonds, or cashews, or seeds like sunflower or pumpkin seeds.
- Add a squeeze of lemon juice to brighten up the flavours and add a nice tang to your pesto.
- Use pesto as a base sauce instead of traditional tomato sauce on homemade pizza.
- Spoon pesto on roasted or grilled poultry, meat, fish, or brush onto steamed vegetables.
- Portion pesto into ice cube trays or silicone molds, freeze, and store in the freezer for quick access. Take out a cube or two whenever you need pesto for pasta, soup, or other dishes.

