



Arugula & Almond Pesto

LEVEL: EASY

PREP TIME: 15 mins

TOTAL TIME: 15 mins

Pesto is such a versatile sauce. You can mix and match to create a variety of dishes such as oven-baked salmon, grilled shrimp, pan-fried chicken, and roasted vegetables, or turn it into a delicious dip by mixing with lemon juice and sour cream or yoghurt. Feel free to use other nuts such as pine, cashew and walnuts, or nutritional yeast for a vegan friendly option.

Ingredients

- 3-4 cups tightly packed basil leaves, or rockets / arugula
- 1/4 cup grated parmesan, or 2 tbsps nutritional yeast (vegan)
- 3/4 cup extra virgin olive oil
- 1/2 cup roasted raw almonds/ macadamia/ cashew/ pine nut
- 1 clove crushed garlic (optional)
- Salt to taste

Method

- Add the basil/ rockets, roasted nuts, and parmesan in a blender and process well. Then add olive oil gradually and blend until consistent.
- Alternatively, add all ingredients in a large bowl, use a handheld blender to mix until smooth and consistent.
- Store in a jar in the fridge for up to 5 days. Use it as a salad dressing, pasta sauce, spread over a piece of toast, or cooking sauce for chicken, salmon, or vegetables.
- If you feel unable to finish the pesto within a few days, you may freeze it as ice-cubes for up to 1 month. Toss one or two cubes into your cooking dishes.