



LEAFY GREEN PARSLEY PESTO

GREEN ACT/SA / EVERYDAY NSW

Makes 20 serves (250mL)

Ingredients:

- 1 cup firmly packed parsley leaves
- 1½ cups leafy greens (e.g. spinach, rocket, kale, watercress or chard)
- 2 tablespoons pepita (pumpkin) seeds (20g), lightly toasted
- 2 tablespoons sunflower seeds (20g), lightly toasted
- ½ cup finely grated parmesan cheese
- 2 medium cloves garlic
- ¼ cup olive oil
- 1-2 tablespoons water
- Pepper, to taste

Method:

1. Place all ingredients (except oil and water) into a food processor or blender.
2. Pulse for 30 seconds, scraping down the sides as needed.
3. While the food processor is still running, slowly add the oil in a steady stream.
4. Check the taste and consistency. If necessary, add extra lemon juice, pepper or water to modify taste or thickness.

Variations:

- If you don't have parsley, you could use basil leaves instead.

Tips:

- This diverse recipe can be used in pasta dishes, on wraps or sandwiches, on pizza or in muffins.

Nutrition information:

	Per serve (10.6g)	Per 100g
Energy (kJ)	182	1716
Protein (g)	1.1	10.5
Fat – total (g)	4.3	40
Saturated (g)	0.79	7.5
Carbohydrates – total (g)	0.12	1.1
Sugar (g)	0.06	0.57
Sodium (mg)	16.9	159
Fibre (g)	0.38	3.6