

Bush Seed Pesto



Season: Summer/Autumn

Serves: 30 tastes in the classroom

- Basil contains disease-fighting antioxidants, acts as an anti-inflammatory, boosts immunity and contains antibacterial properties.
- Sunflower seeds contain Vitamin E and folate which promote cardiovascular health as well as magnesium for healthy muscles and bones.

Equipment:

- metric measuring scales, jug and spoon
- chopping board
- cook's knife
- fine grater
- Mortar and pestle
- spatula
- serving bowl

Ingredients:

- 150 g pepitas or sunflower seeds
- 1 garlic clove, peeled or 1 tsp crushed garlic
- 150 ml olive oil
- 60 g parmesan, grated
- 3 small handfuls of basil
- 1 large handful of parsley
- 1 tsp black pepper
- Pink Himalayan salt, to taste

What to do:

1. Add seeds, in small amounts to the mortar and pestle—grind until slightly chunky.
2. Transfer crushed seeds to a bowl and add garlic, parmesan and olive oil. (parmesan cheese may need to be grated)
3. Finely chop basil and parsley,
4. Add to mixing bowl.
5. Season to taste with black pepper and pink Himalayan salt.
6. Using the spatula, scrape the pesto into the serving bowl or jars.