



## PESTO

Homemade pesto is perfect as a condiment or through fresh pasta. This is an easy to make recipe, that all the family will love.

 20 minutes 20 minutes 20 portions

## INGREDIENTS

- 4 cups of lightly packed of basil, fresh
- 1 cup of parsley, fresh
- 4 units of garlic, raw (40 g)
- 160 grams of oil, olive
- 100 grams of cheese, Parmesan, fresh
- 1/2 level teaspoon of salt (3 g)
- 100 grams of pine nuts, kernel only

## COOKING METHOD

- 1° Place all of the ingredients into a large blender. Mix until a smooth, pourable mixture is made.
- 2° Place into sterilised jars and freeze until needed, or put in the fridge. Makes about 4 small jars. Delicious with crackers and cheese, as a condiment with meats, or through pasta.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (32 g)	% DRI
ENERGY	404 kcal	130 kcal	7 %
FAT	40 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	7 g	2 g	12 %
CHOLESTEROL	14 mg	5 mg	2 %
SODIUM	258 mg	83 mg	3 %
CARBOHYDRATE	3 g	1 g	0 %
SUGARS	1 g	0 g	—
FIBER	1 g	0 g	1 %
PROTEIN	9 g	3 g	—