

Kale Pesto



Ingredients (Serves 8)

- 2 cups packed torn kale leaves, stems removed
- 1 cup packed fresh basil leaves
- 1 teaspoon sea salt
- 1/4 cup extra virgin olive oil
- 1/4 cup toasted walnuts
- 4 cloves garlic, chopped
- 1/2 cup grated Parmesan cheese

Preparation (Requires food processor)

1. Combine the kale leaves, basil leaves, and salt. Pulse 10 to 12 times, until the kale leaves are finely chopped.
2. With the motor running, drizzle in the olive oil. Scrape down the sides of the processor.
3. Add the walnuts and garlic and process.
4. Add the cheese and pulse to combine.
5. Toss with your favorite pasta and serve immediately.

Picture shows serving suggestion of kale pesto pasta with garlic bread and some panfried sirloin strips.



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