

LOW COST FRESH PESTO SAUCE

Ingredients

- 1 handful of fresh Basil
- 1 handful of Spinach
- ½ cup walnuts or any nuts you like
- 1 tbsp Olive oil
- 1 clove of garlic
- 1 tbsp sesame seeds (vegan) or 1 tbsp grated parmesan cheese
- 1 pinch of salt
- A splash of milk or unsweetened vegetable milk (soya, oats, nuts)



Method

1. Chop finely all the leaves, nuts and garlic. You can use a blender or a mortar for a finer result.
2. Mix them in a bowl and add some oil and a splash of milk to make it a bit more creamy if it seems too dry.
3. Add grated parmesan cheese or sesame seed if you want to keep this recipe vegan or if you don't have any cheese.
4. Mix the compost and add salt at the end.

NOTE: Spinach leaves allow you to have more pesto using less basil that can be more expensive or difficult to find.

The original italian recipe uses pine nuts instead of walnuts, but here we go with a cheaper nonetheless tasty alternative.

You can also try alternative pesto using rocket leaves, or adding cooked peas to your mix.

This recipe will make an excellent sauce for dressing your pasta and it can be frozen in small portions and used as needed.

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#LIVWELL