



PARSLEY AND LEMON PESTO

Season:	Anytime
From the garden:	Parsley, lemon
Type:	Sauce
Difficulty:	Easy
Country of origin:	Italy
Serves:	30 tastes
Source:	freshfoodbites.com

Equipment

- *food processor
- *knife
- *frying pan
- *lemon zester and juicer
- *measuring cup and spoon
- *bowl
- *spatula

Ingredients

- *2 cups packed parsley leaves
- *4 tbsp sunflower seeds
- *3 small cloves garlic
- *1 small lemon
- *½ tsp salt
- *black pepper to taste
- *6 tbsp olive oil

Method

- 1.wash the parsley and shake of all the moisture
- 2.toast the sunflower seeds in a dry frying pan until golden brown
- 3.peel the garlic
- 4.zest the lemon, then cut in half and juice
- 5.add all the ingredients into the food processor and blitz till will combined and nearly smooth

Skills: *measuring, using a food processor, zesting and juicing*

