



Grow-Cook-Eat recipes

Wild Garlic Pesto with pasta



Makes enough pesto for 2 jars (or about 10 servings)

Ingredients

75g almonds (or a mix of almonds and pumpkin seeds).
75g Parmesan (or pecorino for a vegetarian alternative) plus extra to serve (optional)
160 ml virgin olive oil or rapeseed oil, plus extra to serve
75ml olive oil
100g wild garlic
Juice 1 lemon
Pasta of your choice: allow 50g per person

Utensils:

Chopping board
Sharp knife
1 baking tray
Food processor or pestle & mortar
Wooden spoon
Jars or tubs for storing pesto
Lemon squeezer
Cheese grater

Method

1. Preheat oven to 180C
2. Spread the nuts out on a baking tray or roasting tin. Place in oven for 10 minutes then put onto a plate to cool
3. Wash wild garlic and pat dry with a towel
4. Grate the cheese & squeeze the lemon

5. Place cheese, and wild garlic into food processor with cooled nuts and whizz until thoroughly chopped. Add lemon juice and oil and whizz again until forms a chunky paste. Your pesto is now ready.

If you don't have a food processor you can finely chop the wild garlic then grind them in a pestle and mortar with the nuts and cheese, adding oil near the end.

6. Put a large pan filled with boiling water onto the hob. Measure out your pasta. Allow 50 g per person. Cook wholewheat pasta in boiling water for 13-15 mins. Start testing after 12 minutes to see if pasta is al dente (firm not mushy).

7. Drain the pasta into a colander.

8. Return the pan to the hob and add the pasta and pesto and stir to coat the pasta.

9. Season to taste with black pepper, and serve immediately with a drizzle of extra virgin olive oil and a sprinkle of extra cheese if wanted



Serve with salad. Would be nice with a colourful salad like tomato and basil or carrot and red cabbage or beetroot

Any pesto left over can be stored in the fridge for a week or in the freezer for a month. Put it in a sterilised jar, cover the surface with a little more olive oil and put a lid on it.

Adaptations

Can make a dairy free version by just leaving out the cheese and swapping the almonds for cashew nuts

Can make a less garlicky pesto by using half and half wild garlic and kale leaves

Can use any other nut in place of almonds e.g. pine nuts, hazelnuts, walnuts