
Pumpkin Parsley Pesto

Recipe source: Modified from Grow Cook Eat cookbook

Fresh from the garden parsley, pumpkin, garlic

<u>Equipment</u>	<u>Ingredients</u>
Large bowls and colander	1tsp salt flakes
Small bowls	2 garlic cloves
Tea towels	2 cups packed parsley leaves
Measuring spoons and cups	2 tblsp sunflower seeds
Measuring jug	½ cup pumpkin puree or cooked
Chopping boards	pumpkin chunks mashed
Vegetable knives	200 ml extra virgin olive oil
Mortar and pestle	
Grater	
Small frypan	
Bowl	

What to do

Wash parsley leaves and dry thoroughly by wrapping in a tea towel.

Measure out 2 cups of parsley leaves, tightly packed.

Take skin off garlic cloves and chop into pieces.

Measure out ½ cup pumpkin puree or mashed cooked pumpkin.

Measure out 2 tblsp sunflower seeds. Dry fry on low in small frypan.

Pound 1 tsp salt and garlic in mortar with a pestle.

Gradually add the parsley leaves, pounding after each addition.

Gradually add the sunflower seeds, pounding after each addition.

When the mixture is smooth, gradually drizzle in the olive oil and stir.

Fold in the pumpkin.

Spoon into a bowl ready to mix into pasta.

Add to your favourite pasta. ENJOY!

Notes:

This is a great alternative for a winter pesto when basil is not in season and parsley is in abundance. It also is a good option as dairy-free, vegan pesto.

The parsley pesto ingredients can be mixed in a food processor but kids love using the mortar and pestle!

Leftover pesto can be stored in an airtight jar in the refrigerator or frozen.