



rootmatters

# Recipe

## HEY PESTO SAUCE

Fresh basil leaves, garlic, pine nuts, cheese & olive oil



**SERVING:** 4 pax  
**PREP TIME:** 20 mins

### METHOD

1. Using a food processor, blender or a mortar and pestle, place half the basil leaves together with the pine nuts, cheese, garlic and salt. Pulse or crush the mixture until the ingredients are finely mashed up.
2. Add in the rest of the basil leaves until the mixture forms a smooth paste.
3. Gradually add  $\frac{1}{4}$  cup of the olive oil by drizzling it in while mixture is being blended. Depending on what consistency you like, the thicker paste will be good to use for spreads on pizzas, wraps and sandwiches; or you can continue to add more olive oil to make it thinner to use for sauces, pastas or as a soup condiment.
4. Take this time to adjust the seasoning to your liking. Add more salt, garlic, nuts or cheese accordingly.
5. Once it's done, it's best to use straight away to keep the colour and freshness. Otherwise store in a small air-tight glass container. Pour a little Extra Virgin Olive oil to cover the surface area to minimize oxidation / rancidity, and cover with a lid and place in the fridge for up to 1 week. Otherwise freeze for up to several months.

### ADVICE

You can easily custom make your own pesto once you include 5 basic components, and have found the perfect ratio of herbs to nuts to oil. 1. Herb (basil, kale, spinach, parsley, coriander etc), 2. Acid (lemon juice), 3. Hard Cheese or Nutritional Yeast, 4. Toasted Nuts or Seeds (pine, pumpkin, hemp, walnut, almond, pecan etc), and 5. Oil (a good EVOO is what I prefer).

### INGREDIENTS

2 large bunches (around 6 gently filled cups) Fresh Basil Leaves  
 1 tbsp Lemon Juice  
 $\frac{1}{2}$  cup Toasted Pine Nuts, or other Nuts  
 $\frac{1}{2}$  cup Parmesan, Pecorino Cheese or other hard cheeses.  
 2-3 cloves Garlic  
 $\frac{1}{2}$  tsp Kosher Salt  
 $\frac{1}{4}$  tsp Black Pepper  
 $\frac{1}{4}$  -  $\frac{1}{2}$  cup Extra Virgin Olive Oil (EVOO)

### TIPS

**Further enhancing flavours:** crush the basil leaves to release the flavour, then add it to the EVOO, which can be left overnight to soak in the oil creating a more herbal flavour. You can also crush some basil seeds to the oil for an added boost of flavour. When you're ready to prepare the sauce, use your basil-oil infusion and mix in the garlic, parmesan or pecorino cheese, and toasted pine nuts.

KELLY TSOI

Integrative Nutrition Health Coach  
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