



The Gathered Green

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KALE & WALNUT PESTO

Thank you bonappetit.com for this recipe and picture.

Serves 4

Ingredients

- 1 medium bunch kale, centre ribs and stems removed.
- ¼ teaspoon sea salt
- 1 garlic clove, crushed
- ¼ cup finely grated Parmesan
- ¼ cup walnuts, toasted (can be substituted for pine nuts)
- ½ cup extra virgin olive oil
- 1 tablespoon (or more) fresh lemon juice
- Sea salt and freshly ground black pepper, to taste.





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Method

Blanch kale in a large pot of boiling salted water, about 1 minute. Drain and rinse with cold water to cool; wring dry in a clean kitchen towel.

Transfer kale to a food processor, add garlic, Parmesan, and walnuts (or pine nuts), and pulse until coarsely chopped.

With motor running, add oil in a steady stream and process to a coarse puree.

Add lemon juice and season with salt and freshly ground black pepper.

To serve with pasta (gluten free options available), stir in ½ cup pasta cooking liquid to the pesto until smooth and toss to coat. Alternatively, pesto can be used as a topping for chicken or salmon; as a pizza sauce or as a spread on crackers.

Enjoy!

Jane

