

BASIL & WALNUT PESTO [VEGAN]

Yields: about 160ml

Serves: 8

Prep & Assembly: ≤10 mins

Type: Sauce, Dip, Spread

Tools: Colander, chopping board, sharp knife, grater, manual juicer (*optional) food processor, silicon spatula, resealable container

Courtesy of: Eat2Health Blog



Pesto is another simple, go-to sauce that everyone can make at home! Don't be put off by foodie's dos and don'ts; it can suit ANY budget and/or palate. In fact we'd be very surprised if everyone loved our combination of pesto flavours! Nonetheless, whether you like it extra 'cheezy' or zesty, made with fresh basil or rocket, strictly plant-based or not, the choice is yours but the end result will be the same; a delicious and quick sauce that is always bursting with flavour and colour!

Ingredients

½	Lemon (1 tsp zest & 15-30ml lemon juice)
2	Garlic Clove
80g	Fresh Basil
60ml	Extra Virgin Olive Oil
30g	Walnut pieces
¼ tsp	Asafoetida
	Pinch of Salt & Ground Black pepper
2-2½ tbsp	Nutritional Yeast Flakes

Directions

1. Wash the lemon, grate 1 tsp of zest (or more if preferred) and then juice half of it. **Tip:** Store the other half of the lemon in your fridge; add a wedge of it into your morning tea, or squeeze some juice over a fresh salad or pasta dish! Peel the garlic. Wash the basil; remove the leaves from its stems.
2. Place the lemon zest and 1 tbsp of juice into a food processor. With the food processor running, drop the garlic down the pouring spout. Blend until it's blitzed.
3. Add 4 tbsp oil, 30g walnuts and ¼ tsp asafoetida. Season the mixture with a pinch of salt and a few grinds of black pepper to taste. Blend until the nuts are smoothish and creamy. Use a spatula to scrape the mixture off the sides and the lid, back down into the base Add 2-2½ tbsp nutritional yeast (depending on your preference). Mix until combined. **Tip:** The mixture will still not be completely smooth, but this is OK.

4. Add the basil. Blend until completely processed. Taste and season as necessary; add more lemon juice, yeast, salt and/or seasonings if preferred. *Tip: If you would like a slightly thinner consistency, add a little water (1 tbsp of water at a time) until your desired consistency is achieved.*

Enjoy!

Tip: Refrigerate any leftover pesto in an air-tight and resealable container; consume within 3-4 days. Alternatively freeze in a container or ration and then freeze it in smaller portions; use several (small) resealable containers, baggies or an ice cube tray for easy pesto and cooking convenience!

Notes:

- Adapt with your favourite nuts or seeds, herbs or any other type of ingredient you desire! Check out some of our previous pesto posts for some inspiration!
- If you have never tried it with nutritional yeast, we highly recommend it; it has as a lovely nutty and 'cheezy' element that help give your plant-based pesto a more true and authentic taste.
- One good piece of advice we have to offer (to make sure that you have a great pesto experience!) is to use fresh ingredients. Stale nuts and ten day old store-bought basil will not do, but those who love pesto are probably already aware of this.
- We used a food processor, if you do not have one you can always apply oodles of cooking enthusiasm and try grinding up a batch in a pestle and mortar, or place all of the ingredients into an appropriate dish/cup and blend it with a stick blender instead. If you do plan on using a pestle and mortar, the oil should probably be the last ingredient that you add (otherwise things might get a bit messy)!
- We hope that you enjoy this batch as much as the others. We think it's the perfect accompaniment to: a delicious pasta dish, as a tasty sandwich spread, thinly spread over a pizza base or dolloped on top of your pizza, drizzled over some steamed new potatoes or asparagus, or as tasty summer dip (but enjoy it mindfully of course!).