

# SPINACH & TOFU PESTO [VEGAN & GLUTEN FREE]

**Yields: about 670g**

**Serves: 12**

**Prep & Assembly: ≤10-15mins**

**Type: Sauce, Spread, Dip**

**Tools: Small dish, sieve, chopping board, sharp knife, frying pan (optional), food processor, air-tight storage container**

**Courtesy of: Eat2Health Blog**



*We have always encouraged everyone to cook from scratch and over the past few months we have given you more sauces and dips, a new pizza crust and even some handy food, kitchen and ingredient conversions. Well here's another basic recipe that we think everyone (not just us plant lovers!) should have access to. It's easy-peasy and full of flavourful and bold ingredients! Yes, it's another pesto recipe, but this one's packed full of extra protein (and no, it's not extra nuts, its tofu!); of course it comes with a multitude of uses and it just may even become a new staple in your recipe box!*

## Ingredients

300g	Frozen spinach, defrosted (or 150g fresh)
2 tbsp	Lemon juice
80g	Fresh basil
1	Box Silken tofu (349g)
40g	Pine nuts
⅓ Cup	Extra virgin olive oil
1½ tbsp	Nutritional yeast flakes
½ tsp	Garlic puree
¼ tsp	Salt

## Directions

1. If applicable, defrost the spinach in a microwave (or at room temperature for a couple hours); drain in a sieve and then roughly chop. If applicable, juice a lemon. Wash and then dry the basil with some kitchen paper; remove the leaves from the stems. Open and carefully drain any excess water out of the box of tofu.
2. If desired, toast the pine nuts (we skipped this step). Heat a dry frying pan. Add the nuts and dry-fry until lightly toasted. Remove from the heat.
3. Transfer 2 tbsp lemon juice, 40g pine nuts, ⅓ cup olive oil, 1½ tbsp nutritional yeast, ½ tsp garlic puree and ¼ tsp salt into a food processor. Blend until the nuts are smooth-ish and combined. Add the tofu. Blend until smooth and creamy. Add the spinach and basil. Blend until combined and broken down. **Tip:** *The mixture will probably not be completely smooth, but this is OK. For a smoother pesto, you will have to add more oil and/or cold water.* Taste and season the pesto as necessary.

- Carefully remove the blade and transfer the pesto into an air-tight and resealable container or an air tight and sterilised jar.

Enjoy!

*Tip: Refrigerate any leftover pesto in an air-tight and resealable jar (preferably sterilised) or container; consume within 5 days.*

## Notes:

- We originally used our creamy, healthy and delicious pesto in a homemade lasagne (recipe pending!), but with spring looming, it could be used with so many other great things. With a dash of inspiration, curiosity and maybe courage, it has the potential could become a great and quick stir-through sauce for a pasta or potato-based salad or used as a tasty dip (just to name a few!).
- It's good to note that we have included all of our preparation photos, although some are slightly out of sync; our excitement and hunger had us bouncing around the kitchen and not sticking to our previously written directions. However as we've previously mentioned in another recent pesto post, there is no right or wrong way to make your own pesto! Please feel free to adapt it to your own personal tastes and maybe even get carried away dancing whilst you're making it too!
- Forget avocado on toast, this pesto (spread) goes further! Use it as a lovely sandwich or wrap spread, as a tasty topping for rice cakes, crackers or jacket potatoes, or as mentioned above, a quick stir-through pasta sauce! However, we would suggest using fresh, spinach, rocket or kale.
- Also, get experimenting! Use this as a tasty layer in a cooked or raw lasagne, in a savoury summer tart or stuff a little in some tender and delicious Portobello mushrooms and get roasting!
- When it comes to nuts (or seeds), use your favourite (although we recommend pine nuts, walnuts, cashews, toasted almonds or sunflower seeds)!
- We used garlic puree for a slightly intense and (not raw) garlic taste, but just use whatever you prefer (or about one garlic clove).

## Nutritional Info\*

Serving Size	Kcal	Protein (g)	Cho (g)	Sugar (g)	Fat (g)	S/Fat (g)	Salt (g)	Iron (mg)	Calcium (mg)
/12 servings	99	2.7	2.4	0.7	9.2	1.1	0.2	0.8	35
/100g	177	4.8	4.2	1.4	16.5	2	0.33	1.5	62.5

\*(Approx. values)