# **Wild Garlic Pesto**

## Jar of wild garlic pesto

## **Ingredients:**

* 150g wild garlic leaves or young nettles, or a mixture
* 50g parmesan or vegetarian alternative, finely grated
* 1 garlic clove, finely chopped
* ½ lemon, zested and a few squeezes of juice
* 50g pine nuts, toasted
* 150ml rapeseed oil

## **Instructions:**

1. Rinse and roughly chop the wild garlic leaves.
2. Blitz the wild garlic leaves, parmesan, garlic, lemon zest and pine nuts to a rough paste in a food processor.
3. Season, and with the motor running slowly, add almost all the oil.
4. Taste, season and add a few squeezes of lemon juice.
5. Transfer the pesto to a clean jar and top with the remaining oil.

Enjoy!

**Tips and suggestion:**

**USing NETTLES?**

If you're making this pesto with nettles, bring a large pan of water to the boil, then drop in the nettles and cook for 2 mins. Drain and run under cold water, then squeeze out as much water as possible before roughly chopping them and adding to the food processor as above.

**Not Suitable for Pregnant women**