

Hey Pesto!



Pesto is a sauce originating from Northern Italy. It is usually made with basil, pine nuts, garlic, olive oil and grated hard cheese (usually Parmesan). This version is made with chickpeas instead of pine nuts so is a great alternative for people with nut allergies. You can use pesto in lots of recipes; brush it onto fish, mix with pasta or use as a base for vegetable tarts, but you only need a little as it is a strong-tasting sauce.

Ingredients

25g Parmesan cheese (ensure this is vegetarian if you require this dish to be vegetarian)
1 clove garlic
50g fresh basil
25g canned chickpeas
50ml olive oil

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Nutritional information per portion (63g):

Energy	Fat	Saturates	Sugars	Salt
722kJ 172kcal 9%	14g 20%	2.9g 15%	<0.5g 0%	0.3g 5%

of an adult's reference intake.

Typical values per 100g: energy 1147kJ/273kcal.

Equipment

Weighing scales
Grater
Chopping board
Sharp knife
Colander
Can opener
Food processor or hand
blender and bowl
Measuring jug
Spatula
Bowl

Instructions

1. Finely grate the Parmesan cheese.
2. Peel and finely slice the garlic.
3. Wash the basil.
4. Open the can of chickpeas and drain. Weigh 25g to use in the pesto and keep the rest to use in another recipe (see Top Tips for ideas).

5. Put the garlic, basil and chickpeas in the food processor or bowl, if using a hand blender.
6. Add the oil and whizz until combined but not smooth.
7. Tip into a bowl and mix in the Parmesan.

Top Tips

- Use a hand blender for best results as you may find the pesto mixture sticks in a food processor. Alternatively, chop the basil, chickpeas and garlic very finely then mix in a bowl with the oil and cheese. The pesto will have a rougher texture but will taste just as good.
- If the pesto is very thick, mix in a 15ml spoon of cold water or olive oil.
- You will have some chickpeas left over from the can but don't waste them. Cover and store in the fridge for up to 48 hours and add them to any pasta sauce, soup, casserole or salad. Try using in the Hooray for Houmous recipe or the Spinach, Squash and Chickpea Curry (both recipes available on our website).

Something to try next time

Use 25g of fresh parsley and 25g of fresh basil for a milder flavour.

Prepare now, eat later

The pesto could be made and kept, covered, in the fridge for up to 24 hours. Stir well before using.