

Silverbeet Pesto

Ingredients;

50g parmesan cheese

¼ cup sunflower seeds

1 bunch of silverbeet (approx 8 leaves) washed and stems removed

2 cloves of garlic

1/3 cup olive oil

Salt to taste

Method;

Place 2 tablespoons of sunflower seeds in a frying pan and toast over medium heat for 2 – 3 minutes being careful not to burn them. Set aside to use for garnish later.

Place remaining sunflower seeds in food processor.

Grate parmesan finely. Add half to food processor.

Wash and dry silverbeet and remove white stem.

Add to food processor.

Peel and crush garlic into food processor.

Process until you have a rough paste. Scrape down the sides and begin adding oil. Continue processing to a creamy consistency.

Scrape into bowl and add remaining parmesan and salt to taste. Garnish with toasted sunflower seeds.