

**Nut-free Spinach Basil Pesto**

**Season:** Summer

**Type:** Accompaniment

**Difficulty:** Easy

**Serves:** 1 cup

**From the garden:** spinach , lemons **Source:** twopeasandtheirpod.com

Dietary considerations: sauce contains dairy.

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| **Equipment:**  Blender  Salad spinner  Chef’s knife  Chopping board  Juicer  Measuring jug | **Ingredients:**  4 cups spinach  2 cups basil  1 clove garlic  1 tablespoon lemon juice  ¼ cup Parmesan cheese  ½ teaspoon salt  ½ teaspoon pepper  ¼ cup olive oil |

**What to do:**

1. Wash spinach and basil thoroughly. Dry in the salad spinner.
2. Crush garlic with the flat side of a knife then roughly chop.
3. Juice lemon.
4. Grate Parmesan cheese.
5. Place spinach, basil, garlic, lemon juice, Parmesan cheese, salt and pepper in blender.
6. While blending, slowly pour in olive oil and process until smooth.
7. Store in a jar in fridge for 2 weeks or you can freeze.