

## 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.



(If using vegetarian cheese)



Milk and sulphites\*

Nutritional information per portion (63g):

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

### Ingredients

**Serves 4**  
25g Parmesan cheese  
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.



### 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 Humous recipe or the Spinach, Squash and Chickpea Curry (both recipes available on our website).

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## Method

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.

## 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.

### Skills used include:

Washing, weighing, measuring, peeling, chopping, mixing/combining and blending.