



RECIPE CARD

NAME OF DISH: ASPARAGUS PESTO

SERVES: 4

PREP TIME: 15 MINS

COOK TIME: 0 MINS



INGREDIENTS

500g of asparagus, trimmed (ZZASP)

1 clove of garlic, or more to taste (GARL)

30g of pine nuts (331105)

Salted Butter (013016)

60ml of extra extra virgin olive oil (411029)

95g of grated parmesan cheese (021209)

150g sundried cherry tomatoes, halved (163016)

Freshly ground black pepper (422050)

Juice of 1/2 a lemon, or to taste (L)

DIRECTIONS

STEP 1. In a pot of boiling water cook asparagus until tender (about 10 minutes). Drain but keep 2-3 tablespoons of the water.

STEP 2. In a blender or food processor add the cooked asparagus, freshly grated parmesan cheese, pine nuts, salt, pepper, lemon juice. Start by adding one tablespoon of asparagus water and two tablespoons of olive oil. Blend, gradually add the remaining olive oil and if needed more asparagus water until you reach desired thickness.

STEP 3. Serve over your protein of choice or toss with cooked al dente pasta and a sprinkle of freshly grated Parmesan Cheese & enjoy!