

Silverbeet and parsley pesto

Ingredients

Serves: 4

2-3 cups Spinach, chard, or silverbeet
3 bunches of parsley
1/4 cup sunflower seeds
1/4 cup Finely grated Parmesan
2 Small garlic cloves
1/2 Lemon grated rind and juice
1/3 cup Olive oil

Method

1. Trim the stalks, wash and dry leafy greens.
2. Collect the remaining ingredients. Go easy on the garlic or the raw taste will be overwhelming.
3. Place the leafy greens, garlic, sunflower seeds and Parmesan in the food processor. Process until the mixture is chopped to the consistency you prefer.