

Pesto 1

Ingredients

250g broccoli, cut into florets, stalk finely sliced

10 fresh basil leaves & 1 sprig for garnish

1 clove of garlic, peeled and crushed

2 tablespoons of olive oil

4 tablespoons of water (or cooking water from pasta if making low protein pasta)

Method

1. Cook the broccoli in boiling water until tender. Drain in a colander and refresh with cold water.
2. Meanwhile, pulse the broccoli, basil and garlic in a food processor until combined but still with some texture.
3. Season, add the oil and pulse again.
4. Stir the 4 tablespoons of water (or cooking water from pasta if making low protein pasta) into the broccoli mixture.
5. Garnish with the basil sprig and serve with lots of freshly ground black pepper.
6. Serve mixed with low protein pasta or on low protein bread/crackers.