

Monthly Menu Choices

Kale Pesto

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1 bag kale (remove rough stalks)

1 block parmesan

Small cup pine nuts

Juice ½ lemon

1 clove garlic

½ cup olive oil

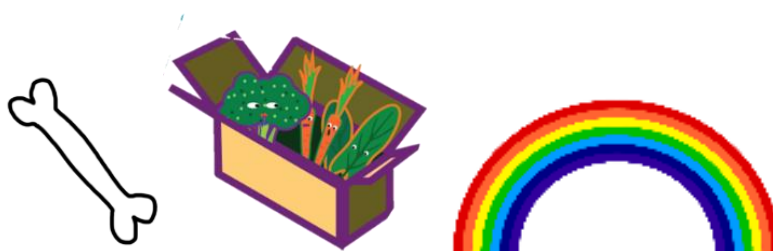


Simply blitz all the ingredients together and there's your pesto!

Warm by stirring over cooked and drained pasta serve with oven-roasted tomatoes (simply chop in half drizzle in a little oil and roast for 30-40 minutes in a low oven.

For veggies this is fine as it is or you could add some chopped walnuts for some extra protein and essential fatty acids – you can serve with sliced roast chicken.

Recipe key:



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