

Pea Pesto

Ingredients

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| 1 cup | Frozen peas (regular, baby, minted or plain) |
| 3 T | Grated parmesan cheese |
| 2 cloves | Garlic |
| 1 T | Lemon juice |
| ½ cup | Mint (or basil, parsley) |
| 2 T | Olive oil |
| Salt and pepper to taste | |
| ¼ cup | Cashew nuts (or roasted almond, walnuts) |



Method

Cook the peas in a small saucepan of water until soft (don't overcook). Drain and set aside.

Place parmesan cheese, garlic, lemon juice, mint, salt and pepper in blender and mix until combined.

With the blender going add cooked peas and steam in the olive oil. Blend until the desired consistency is achieved.

Serve warm stirred through pasta or cooled with crackers, pita crisps, fresh bread, or vegetable sticks as part of a platter.

Tip: To make food platter, include cherry tomatoes, avocado slices, olives, smoked fish or cured meats and crackers / pita crisps.