



LUSATORI



PARSLEY PESTO

INGREDIENTS

1/4 cup	Pinenuts, fresh
1/2 cup	Lusatori Extra Virgin Olive Oil – Intense Organic
2 cups	Parsley, curly and/or flat leaf
1/2 cup	Romano cheese, finely grated
	Coarse sea salt to taste

METHOD

Toast pine nuts in small frying pan using a little oil.

Put the pine nuts, garlic, salt and parsley in a food processor or blender or motor and pestle and work to a paste.

Still working, add half the cheese, then gradually drizzle in the olive oil.

Add the remaining cheese and the oil and blend until well combined.

*We recommend organic, free range, local produce or fair trade
wherever possible*

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