



Basil, spinach & Cashew Dip

Season: Summer

From the garden:

Basil, spinach, parsley

Type: condiment Difficulty: Easy

Serves: 8 / 25 tastes in the classroom

Recipe source: The Cooks Pyjamas

Equipment	Ingredients
Eg. Chopping boards x 4	basil 50g
Knives – bread knife x 2	spinach 100g
- serrated chopping knife x 2	parsley 50g
BBQ plate or oven tray	cashews 100g
Colander	olive oil 60ml or 4 tblsp
Kitchen spoon x 2	garlic 1 clove
Mixing spoon x 2	lemon juice 2 tblsp
Mixing bowl x 2	70g parmesan
Clean tea towel x 3	salt & pepper
Serving plate	
Side plates to serve	

How to make it:

1. Place the garlic and the Parmesan cheese into the mixing bowl of the food processor and pulse for 7 sec
2. Add the remaining ingredients in the order listed above.
3. Pulse briefly 3 - 4 times to achieve the desired consistency.
4. Push the ingredients down in the bowl if necessary between each pulse.
5. Scrape the dip out into a bowl.
6. At this stage you may wish to adjust the seasoning or the consistency according to your needs. Add more lemon juice, olive oil or seasoning as required.

7. Store in the fridge for up to one week in a sealed container.

Notes:

You can use blanched almonds or sunflower seeds in place of cashews. Feel free to add more cheese or more basil if that is your thing.

It does not matter if you over process this dip and it becomes smooth. It will still taste as good. Pretend you meant it to be like that!

The olive oil will cause the dip to thicken in the fridge. If you are making this in advance, allow it to sit at room temperature for about 15 - 20 minutes before serving