



1. Cavolo Nero & Herb Pesto

Season: All year round

From the garden: garlic, cavolo nero, spinach, herbs

Type: condiment for risotto or pasta

Difficulty: Easy

Serves: 4-6 adults as a side dish/ 24 tastes

Recipe source: Marco Edwardes

Equipment	Ingredients
Chopping boards x 2	Large bunch of cavolo nero, spinach and herbs
Large kitchen knife x2	1 cup of olive oil
Measuring jug	4 cloves of garlic
Food processor	1 teaspoon of salt
spatula	
Colander	Optional: 50 g of parmesan cheese
Serving and eating plates and cutlery	

How to make it:

1. Wash the cavolo nero, spinach and herbs and gently dry.
2. Fold the leaves in half then roughly chop.
3. Peel garlic cloves. Crush 2 of the garlic cloves and mix with a pinch of salt.
4. Add the chopped cavolo nero, spinach and herbs and 2 whole garlic cloves to the boiling water and cook until bright green; 3-4 minutes.
5. Drain the cavolo nero in a colander and transfer into a bowl filled with cold water, refresh. Remove from water once cold, then dry. Add

to the food processor. Pulse to a puree. Pour in $\frac{1}{4}$ cup of olive oil while pulsing to form a pesto.

6. Remove pesto from food processor to a mixing bowl, and stir in another $\frac{1}{4}$ cup of oil and the 2 crushed garlic cloves.

Optional: Finely grate 50g of parmesan cheese and add to the mixing bowl with the pasta in step.

Serve with your favourite risotto or pasta dish.

* Any seasonal greens can be substituted for cavolo nero in this recipe. You could also try using herbs like basil (which makes a more traditional pesto) or coriander.

* “Al dente” is an Italian phrase that literally means “to the tooth”. It refers to the desired texture of cooked pasta which should still be slightly chewy when bitten – not completely soft.

