



Pesto alla Genovese

10'
Hands on

430 g
Portion(s)

1
Difficulty



Method

- In a food processor, add all of the ingredients, apart from the parmesan cheese. Beat until the mixture resembles a thick pulp.
- Then add the parmesan cheese and pulse to combine.
- Season to taste.

Ingredients

- 150 g basil leaves
- 4-6 clove(s) of garlic
- 80 g pine nuts
- 100 g olive oil
- lemon juice
- salt
- pepper
- 40 g parmesan cheese

Διατροφικός πίνακας

Nutrition information per 100 gr.

395 Calories (kcal)	39.0 Total Fat (g)	5.9 Saturated Fat (g)	2.9 Total Carbs (g)
20%	56%	30%	1%
0.9 Sugars (g)	7.8 Protein (g)	0.8 Fibre (g)	0.73 Sodium (g)
1%	16%	3%	12%