



# Salad with green pea pesto

15'  
Hands on

2-4  
Portion(s)

1  
Difficulty



## Method

For the green pea pesto

- In a food processor, add all of the ingredients apart from the olive oil and parmesan.
- Beat for 2 minutes until the walnuts are completely ground.
- Then add the olive oil and parmesan.
- Beat to incorporate and your green pea pesto is ready.

For salad

- Cut the cherry tomatoes in half.
- Add them to a bowl, add the rocket leaves and toss.
- Season with salt and pepper and add the olive oil.
- Cut the fresh mozzarella into 1 cm slices and place them nicely on a serving platter.
- Add the cherry tomatoes and rocket leaves mixture.
- Drizzle with green pea pesto sauce over the salad.
- Top with finely chopped parsley and serve.

## Ingredients

For the green pea pesto

- 250 g peas, fresh
- 20 g basil leaves
- 50 g walnuts
- salt
- pepper
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1 clove(s) of garlic
- 50 g parmesan cheese, grated
- 50-100 g olive oil

For the salad

- 250 g cherry tomatoes, multi colored
- 100 g rocket
- salt
- pepper
- 2 tablespoon(s) olive oil
- 120 g mozzarella, fresh
- 1 tablespoon(s) parsley, fresh

## Διατροφικός πίνακας

Nutrition information per portion

582 Calories (kcal)	51.0 Total Fat (g)	12.0 Saturated Fat (g)	9.8 Total Carbs (g)
29%	73%	60%	4%
6.4 Sugars (g)	18.0 Protein (g)	5.5 Fibre (g)	1.0 Sodium (g)
7%	36%	22%	17%