

Red Pesto

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Preparation time 10 mins

Ingredients:

1 ½ cups sundried tomatoes in oil
1/2 cup almonds, pre-soaked for 8 hours
1 ½ cups olive oil (use oil that tomatoes were stored in)
1 clove garlic, crushed or grated (optional)
2 handfuls fresh basil
1 tbsp balsamic vinegar
½ tsp cayenne pepper

Directions:

- Blend sundried tomatoes and almonds in food processor for a minute or two
- Add in remaining ingredients and blend until desired consistency achieved

Based on a recipe from The Happy Pear <https://thehappypear.ie/>
This pesto will keep in the fridge for 5 – 6 days.

Some ideas to use pesto

- Drizzle over some roast vegetables with quinoa or wholegrain rice and some chickpeas or beans
- Spread some pesto on white fish e.g. cod or hake before baking or grilling and serve with steamed vegetables
- Mix through a portion of wholegrain pasta and serve with a large side salad
- Spread red pesto inside a wholegrain pitta and fill with salad and goats cheese
- Thin pesto with more olive oil and use as a salad dressing
- To make a quick dip, simple mix 1 tbsp. of the pesto with 3 – 4 tbsp. full fat natural yoghurt. This tastes great with vegetable sticks as a healthy snack or as part of a lunchbox.