

WILD GARLIC AND WALNUT PESTO RECIPE

Serves 2 (double amounts for 4, or halve for 1)

Ingredients:

- 50g walnuts, shelled weight
- ½ tsp coarse sea salt
- 50g wild garlic (leaves, stems and flowers), finely chopped
- 25g fresh parmesan*, chopped or grated
- 4 tbsp olive oil

Method:

- Grind the walnuts and salt in a mortar
- Add the wild garlic, parmesan and oil
- Grind and mix well

Serve with pasta, or use as a garnish for vegetable soup.

*There are now some excellent plant-based parmesans available (e.g. Violife).