

## **SPAGHETTI PESTO**

### Ingredients

1 pack spaghetti

2 cloves garlic

50g parmesan

1 bunch basil

1 bunch of parsley, silver beet and kale

1/3 cup sunflower seeds

½ cup sunflower oil

Put a large pot of salted water on to boil.

Pour sunflower seeds onto a baking tray and toast the seeds in 180 oven for 10mins.

Pick basil, parsley, silver beet and kale off any hard stems (soft are fine).

Wash and spin dry all herbs and leaves.

Chop herbs and leaves very fine and combine in a bowl with the oil.

Smash, peel and slice garlic then mince in pestle and mortar with salt.

Add garlic to herb oil mixture.

Crush and pound sunflower seeds in pestle and mortar, add to bowl.

Grate parmesan with microplane grater and stir into pesto.

Cook spaghetti in boiling water till tender.

Drain spaghetti and toss pesto through, mixing with tongs.