

Fragrant Fennel Frond and Pumpkin Seed Pesto

Ingredients:

½ cup pepitas (pumpkin seeds)

3 cups loosely packed Fennel fronds

1 lemon

2 cloves garlic

1 tsp salt

½ cup olive oil (plus extra)

Optional, 50g parmesan cheese, finely grated

What to do:

- 1) Put a medium pan on the stove to heat, don't add any oil. Dry toast pepitas until smelling nutty and changing colour slightly. Stir constantly and don't turn your back... they change from perfectly golden to charcoal black instantly. Remove from heat.
- 2) Wash, pick and spin dry fennel fronds.
- 3) Peel and roughly chop garlic, mince to a paste with the pestle and mortar.
- 4) Add slightly cooled pepitas to garlic and smash them up.
- 5) Use a spatula to transfer garlic pepita mix to a large bowl.
- 6) Roughly chop fennel fronds in small bunches, then grind in the pestle and mortar and add to large pesto bowl.
- 7) Juice the lemon and add to pesto.
- 8) Stir in salt and oil.
- 9) Taste, season and stir in parmesan if using.