

## Broccoli pesto

### Ingredients

1 large broccoli cut into florets

1/2 a cup of fresh herbs minty parsley or sage

2 cloves garlic crushed

1/2 a cup of extra virgin olive oil

1/2 cup of lemon juice

1/2 cup of sunflower seeds

1/2 cup grated Parmesan cheese

Sea salt and ground pepper

Place all ingredients into a food processor and blend until all ingredients are combined.

If necessary add more oil or lemon juice

Spread onto bruschetta or toss through hot cooked pasta

### Variations

Can add basil, rocket, coriander, peas, whatever is in season just make sure the pesto remains balanced in flavour



### Method:

The bread is best sliced 1cm thick and toasted on a barbeque, but it can also be done in a griddle pan for ease at home. After that it should be lightly rubbed on couple of times with a cut clove of garlic, then drizzled with some good extra virgin olive oil and sprinkled with salt and pepper. The toppings can be as humble or as luxurious as you like, from chopped herbs or a squashed tomato with basil, to marinated vegetables or beautiful cheeses, to lovely flaked crabmeat. The only rule is that whatever goes on top of a bruschetta should be nice and fresh and cooked with care.