### SAKG Elwood Primary School



# Jerusalem Artichokes & Warrigal green pesto

#### Ingredients

600g jerusalem artichokes, scrubbed well

4 thyme sprigs

Sea salt and black pepper

3 Tbsp Olive Oil

 $\frac{1}{2}$  cup pumpkin seeds, toasted (150oC oven

for 10 mins) -Plus some for pesto, see recipe.

½ cup basil leaves, torn

If using other root vegetables, cut to similar

size. Cook separately.

# Big green pesto

2 cups greens, picked (kale, silverbeet,

rainbow chard, parsley)

1 garlic clove, salt and pepper

1 cup basil leaves

½ cup pumpkin seeds, toasted

200ml olive oil

70g parmesan

#### Method

Preheat the oven to 200oC

1Working quickly to stop the artichokes turning brown, cut them in slices or quarters, about 1cm cm thick. Combine with the thyme, a pinch of salt and pepper and 2 Tablespoons of the olive oil and coat well. Roast for about 35 mins, or until tender and lightly golden. If required turn after 15 mins.

2For the pesto bring a small pot of water to the boil and add the greens. Blanch for 3 mins, then rinse immediately in cold running water. Blitz the garlic, greens, basil and pumpkin seeds in the food processor. Slowly drizzle in the olive oil until you have a smooth sauce. Stir in the parmesan and add the salt and pepper to taste.