**SUNCHOKE Dumplings with Spinach Pesto**

**Ingredients**

250g Sunchokes (Jerusalem artichokes), scrubbed or peeled

½ tsp salt

2 Spring onions, sliced

1 large egg

1 cup plain flour (may need a little extra)

1 Tablespoon olive oil

**Method**

Fill large saucepan with salted water; bring to a boil.

Scrub Jer. Artichokes; peel if large enough; cut into chunks.

Place in suitably sized saucepan; cover with water; bring to a boil; cook for about 20 minutes or until tender.

In a food processor blend the tender cooked artichokes. Add salt, spring onions, and egg.

Transfer into a bowl and slowly stir in the flour with a wooden spoon, 2 tablespoons at a time, until the dough is smooth but still sticky.

Using lightly oiled teaspoon, drop sunchoke paste in water. As dumplings rise to the top; remove to a medium sized bowl; toss with pesto. Recipe below.

**Spinach Pesto**

½ cup parmesan cheese, grated

3/4 cup sunflower seeds, toasted

2 cups Malabar spinach, washed

1 cup baby spinach

2 cloves garlic

1 lemon, juiced (2 Tbsp)

1/3 cup olive oil (+ a little if thick)

Prep the spinach: wash well,

Bring a medium pot of water to boil, blanch the spinach leaves for 1-2 mins. Let drain and cool.

Blitz garlic in the food processor, add everything else apart from the olive oil. Blend it until chunky. Scraping the sides down as you need.

Slowly drizzle the oil into the processor as it blends. If you need a little more (pesto may be too thick) add it 1 Tbsp at a time.