

# BROCCOLI PESTO

This pesto is great with pasta, of course, but I also love it on bruschetta with ricotta piled on top, in toasties with cheese and tomato, and even swirled into soup and risotto. You can add extra herbs as desired.

**Makes:** about 2 cups

**Time:** 25 minutes



## INGREDIENTS

40 grams (1.4 oz) parmesan  
1-2 heads of broccoli (300 grams / 10.5 oz)  
1 shallot, peeled  
1 clove garlic, peeled  
40 grams (1.4 oz) olive oil  
40 grams (1.4 oz) pine nuts  
60 grams (2 oz) crème fraîche or cream  
salt and pepper, to taste



## METHOD

1. Grate the parmesan for **10 sec/speed 10** and set aside.
2. Cut broccoli into florets, peel the stem and cut into chunks. Arrange in the Varoma. Weigh 700 grams (25 oz) of water into mixing bowl and cook broccoli **12 min/Varoma/speed 2**. Once cooked, refresh the broccoli by plunging it briefly into cold water then drain it and set aside. Tip water from mixing bowl and dry thoroughly.
3. Place shallot and garlic in mixing bowl and chop for **2 sec/speed 6**. Scrape down and add olive oil. Cook **2 min/100°C (212°F)/speed 1**.
4. Add cooked broccoli (retaining a few florets for garnish), grated parmesan, pine nuts and crème fraîche or cream, and blend for **5 sec/speed 5** to form a chunky pesto. Cook **4 min/100°C (212°F)/speed 1**. Season with salt and pepper to taste.

### Tips

- Store in the fridge for up to 5 days, or freeze for up to 1 month.
- Add mint or basil at step 4 along with broccoli, if desired.
- Replace pine nuts with cashews or almonds..

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Makes: about 2 cups



## SHOPPING LIST:

- Parmesan (40 grams / 1.4 oz)
- Broccoli (1-2 heads / 300 grams / 10.5 oz)
- Shallot (1)
- Clove garlic (1)
- Olive oil (40 grams (1.4 oz))
- Pine nuts (40 grams / 1.4 oz)
- Crème fraîche or cream (60 grams / 2 oz)
- Salt and pepper (to taste)



## NOTES & TIPS: