

# Aquaponics Innovations Herb Pesto

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[www.aquaponics.co.za](http://www.aquaponics.co.za)

## Ingredients:

- 1 or 2 teaspoons of freshly pressed garlic
- 1 cup of chopped nuts (pine nuts or macadamia nuts work best, but you can use cashew nuts too) lightly toasted
- 3 big handfuls of basil or rocket or watercress or nasturtium leaves (stalks and stems of aquaponically grown herbs are soft and flavour-filled, so they may be included too)
- Virgin cold-pressed olive oil
- 1 cup grated Parmesan cheese
- Himalayan sea salt and freshly ground black pepper

## Method:

Blend the leaves, garlic and salt with a blender (you can use a pestle and mortar if you have time and are feeling strong!)

Add the nuts and blend /pound again

Add half the Parmesan cheese and gently stir, adding the oil as you work ... keep adding cheese and oil until the pesto has the right consistency.

Add the black pepper and a little more salt if you wish ... keep tasting!

Optional extra – a squeeze of lemon juice

Enjoy!