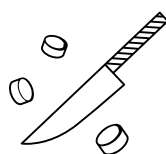


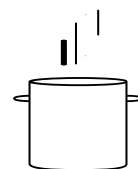


Rocket High Five Pesto

This pesto is wonderfully peppery and a great addition to numerous dishes. Using Groovy Food's High Five Oil is an easy way to sneak in more healthy fats into your diet and adds a lovely nutty flavour to the pesto. Try serving this drizzled over fish or chicken dishes, roasted vegetables, pasta, risottos, pizzas and warming winter soups. If you wish to increase the omega 3 fats try replacing half of the pine nuts with lightly toasted walnuts or pumpkin seeds.



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Ingredients

2 large handfuls fresh rocket leaves

55g/2oz pine nuts, toasted

2 garlic cloves, finely chopped

55g/2oz Parmesan (or a vegetarian hard cheese equivalent), freshly grated

150ml/¼ pint The Groovy Food Company High Five Oil

Directions

1. To make the pesto, place the rocket, pine nuts, garlic, parmesan and oil into a food processor and blend to a smooth paste.
2. Pour into an airtight container and store in the fridge for 4-5 days.