

# Basil, feta & tomato pesto



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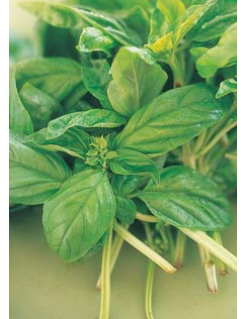
**Preparation:** about 20 mins **Cooking:** about 3 mins **Serves:** 6

### Ingredients:

- 1/2 cup unsalted cashews
- 1 cup firmly-packed basil leaves  
(about 1 small bunch)
- 1/4 cup extra virgin olive oil
- 100g semi sun-dried tomatoes,  
drained and finely chopped
- 50g Danish or Greek feta cheese
- freshly ground black pepper
- lavash crispbreads or water biscuits, to serve

### Method:

1. Heat a small non-stick frying pan over medium heat. Add cashews and cook, stirring constantly, for 2–3 minutes or until toasted and golden. Set aside to cool.
2. Place cashews in a food processor. Process until roughly chopped. Add basil and oil. Process until basil is finely chopped.
3. Transfer mixture to a medium bowl. Add semi-dried tomatoes and feta. Season with pepper to taste. Gently stir until combined. Serve with lavash crispbreads or water crackers.



### Basil:

- If used in significant amounts in a recipe, basil provides:
  - Beta carotene, which the body converts to vitamin A and uses in its anti-infection armoury
  - Vitamin C, another anti-infection vitamin
  - Iron (for healthy red blood cells) and calcium (for bones).