

# Rocket & cashew pesto



## Rocket & cashew pesto

**Preparation** about 20 minutes

**Cooking** about 12 minutes

**Serves** 4

1/3 cup unsalted roasted cashews

1 garlic clove, peeled

100g rocket leaves (approx. 1 bunch),  
trimmed

1/4 cup extra virgin olive oil

1/4 cup finely grated parmesan

salt and ground black pepper

1. To make rocket and cashew pesto, place cashews and garlic in the bowl of a food processor. Process until coarsely chopped.
2. Add rocket. Process drizzling oil through the feed tube until mixture is smooth. Stir in parmesan and season with salt and pepper to taste.

### Serving suggestions:

- Serve pesto on toasted sourdough bread with sliced ripe tomato and fresh mozzarella cheese, drizzle with extra virgin olive oil to serve.
- Toss pesto through just-cooked pasta.
- Swirl 3/4 cup Greek-style or natural yoghurt and 1 tsp lemon juice through the pesto and serve with barbecued lamb or chicken.



### Rocket

- A source of vitamin C, folate and beta carotene. Vitamin C helps protect the body against infection and is important for healthy teeth and gums. Folate is one of the B complex vitamins that is important for heart health and beta carotene is converted to vitamin A in the body.
- A source of calcium and potassium. Calcium is important for strong bones while potassium helps balance the adverse effects of salt in the diet.
- The slightly bitter flavour of rocket is an indicator of its valuable antioxidant content. Antioxidants may help boost the body's ability to protect its cells against damaging free radicals.

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