

Recipes

Vegetable Scrap Pesto

Serves: Makes approx. 1 jar

Prep Time: 10 minutes

Cook Time: None

Ingredients:

- 150g Mixed seeds (not peanuts or nuts)
- 225g Mixed greens/soft herb scraps (e.g. carrot tops, rocket, spinach)
- 2 cloves Garlic
- 1/2 tsp Salt
- 200ml Olive oil
- 100g Grated parmesan

Method:

In a food processor or blender, combine the seeds greens, garlic, salt, and olive oil. Blend until smooth or slightly chunky—your preference. Stir in the grated parmesan at the end to avoid melting during blending. Store in a jar in the fridge for up to 5 days or freeze in small portions.

Tips:

- Use in pasta, sandwiches, or as a veggie dip.
- Freeze in ice cube trays for easy future use.
- Helps reduce food waste and boost flavour.

