



Honey Walnut Pesto

EASY • 15 MINS

A staple recipe for any home cook! This twist on a classic green pesto employs honey for some added sweetness. Perfect for using as a dip, pasta sauce or over barbequed meat and veggies.



SKILL LEVEL
Easy

PREP TIME
15 mins

SERVINGS
4-6 as a marinade or sauce

Ingredients

- 3/4 cup walnuts
- 1 tbsp Capilano Honey

Method

1. In a small fry pan, toast walnuts until golden and fragrant. Allow to cool.

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- 2 cups basil leaves
- 1 cup parsley leaves
- 3 cloves garlic
- Juice of 1 lemon
- ½ cup extra virgin olive oil
- Sea salt and pepper, to taste

Used in this recipe

Method

2. Place all ingredients except olive oil in food processor and pulse to combine until a coarse crumble. Continue to blend and in a steady stream, add olive oil to processor, mixing until a smooth paste forms. Taste and adjust seasoning if desired.
3. Transfer to jars or airtight containers. Keep chilled for up to 2 weeks or frozen up to 3 months.
4. Marinade Instructions: In a medium bowl or casserole tray, combine 1kg chicken breast, thighs or tenderloin fillets with ½ - 1 cup pesto, mixing well. Cover and chill for at least 30 minutes or up to 24 hours. When ready to cook, preheat BBQ or frypan and cook 4-5 minutes each side until golden and cooked through or cook on oven trays at 180°C for 20-30 minutes until cooked through.
5. Ideal with: Stirred through cooked pasta, marinated grilled chicken, pan-fried salmon or served alongside vegetable dishes such as warm salads or buddha bowls.

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