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	PREP TIME	SERVINGS
Easy	15 mins	4-6 as a marinade or sauce

Ingredients

- ¾ cup walnuts
- 1 tbsp Capilano Pure Honey
- 2 cups basil leaves

Method

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

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- 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

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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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