



Magical Green Sauce

EASY • 15 MINS

Nutrient-rich broccoli is our not-so-secret ingredient in our magical green sauce.

This recipe also doubles as a delish pasta sauce! Simply reserve $\frac{1}{4}$ cup pasta water to thin, stirring through when ready to serve. Also excellent with grilled chicken, fish, and vegetarian dishes alongside crumbled goats cheese.



SKILL LEVEL

Easy

PREP TIME

15 mins

SERVINGS

4-6 as a dressing or sauce

Ingredients

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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- 1 head broccoli, florets and stem
- 1 handful baby spinach leaves or arugula leaves
- 1 cup basil leaves
- Juice of 1 lemon
- 1 tbsp [Capilano Organic Raw Honey](#)
- 100g parmesan cheese
- Salt and pepper, to taste
- (optional) 1 tsp fresh or ground chilli

Method

1. Roughly chop broccoli including stem, and steam until tender. Place in food processor or blender along with all other ingredients except for olive oil and blitz for 1 minute. Gradually add olive oil while processor is running and pulse until smooth and your desired texture is achieved.
2. Store in a jar or airtight container for up to 3 days. Suitable for freezing in an airtight container or jars for up to 3 months.

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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