



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 Organic Raw Honey

Method

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

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

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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



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](#).

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 for 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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