



Tarragon & Parsley Pesto

What to collect

Ingredients	Equipment
3/4 cup firmly packed parsley	food processor
1/4 cup firmly packed tarragon leaves	spatula
2 cloves of garlic, chopped	salad spinner
sea salt	large bowl
60g parmesan, grated	knife
1/4 cup mixed seeds (sunflower & pumpkin)	grater
1/2 cup extra virgin olive oil	metric measuring cups
	scales

What to do

1. Wash, dry and pick parsley & tarragon leaves off stalks.
2. Chop garlic.
3. Grate parmesan.
4. Place the oil, parsley, tarragon, mixed seeds, seasonings and parmesan into the food processor. Cover and process until well blended.
5. Mix pesto with a small amount of the pasta cooking liquid to make it into a sauce.
6. Combine cooked spaghetti with pesto and serve.