

BASIL, KALE & SPINACH PESTO WITH CARMELISED BABY TOMATOES



I shall start off by saying that pesto is my absolute, hands down, favourite pasta sauce of *aaaaall* time! Just in case you didn't understand just how much I love it,

I would build an altar for this sauce, I love it *that* much! I never really thought there was much to improve on this delight of the taste buds, but it seems I was wrong! I have recently started making my pesto with basil (of course, duh!), and I've been adding fresh spinach and kale. Aaaaand, to drive everything right over the top, I've been caramelising baby tomatoes, and adding them to the dish. Add to freshly boiled linguine (my favourite pasta!), and you'll be in heaven! I have no words for how good this is! I mean...I really don't! Just make it, and you'll see what I'm talking about!

I have given measurements for most of the ingredients, but I tend to judge everything by taste, so, my advice is to follow the recipe, but also get playful, experiment with quantities, and have fun!

Yields:

2 cups

Prep. Time:

0 hours 20 minutes

Cook Time:

0 hours 0 minutes

Total Time:

0 hours 20 minutes



Up to 3 months



Suitable from 12 months



Not suitable for vegans



Suitable for vegetarians

INGREDIENTS FOR THE PESTO

- 3 cups loosely packed fresh basil
- 500g fresh baby spinach leaves
- A good handful fresh kale, both green and purple (remove the spines)
- 3-4 cloves garlic (depending on how garlicky you like your pesto)
- 1 cup grated Parmigiano Reggiano
- 3 Tbsp Vinegar or lemon juice
- Salt & pepper to taste
- About 1 cup olive oil

- ½ cup pine nuts or, if you'd rather, you can also add almonds. I don't roast them, as I find the sauce is lighter that way, but you can, if you prefer.
- A little water to adjust the thickness of the sauce.

METHOD

1. In a food processor, add all the washed green leaves – basil, kale, spinach – and grind well. **Make sure to remove the spine of the kale leaves (as they're too hard and fibrous) before adding them to the food processor**
2. Add the garlic cloves.
3. Add a good handful (or more) of the grated Parmesan.
4. Add the pine nuts or almonds, again, a good handful.
5. Add olive oil and vinegar/lemon juice to taste. Judge how much vinegar/lemon juice you add by tasting regularly – you don't want it to become too acidic. Grind well.
6. Add water to make the sauce less thick. Blend everything until you have the desired consistency.
7. The pesto is ready! Set aside as you caramelize your baby tomatoes.
8. If you'd like to freeze your pesto, spoon the sauce into an ice cube tray, cover with a freezer bag and freeze for up to 3 months.
9. When you want to use it, take out as many cubes as desired, and allow it to thaw naturally, at room temperature.

CARAMELISED BABY TOMATOES

Yields:

2 cups

Prep. Time:

0 hours 10 minutes

Cook Time:

0 hours 15 minutes

Total Time:

0 hours 25 minutes



Not suitable for freezing



Suitable from 12 months



Suitable for vegans



Suitable for vegetarians

INGREDIENTS FOR THE CARAMELISED BABY TOMATOES

- 300g baby tomatoes – they can be any sort and colour, sliced in half
- 1-2 cloves garlic, finely chopped
- Salt & pepper to taste
- Sugar, a few healthy pinches
- 2 Tbsp Balsamic vinegar
- 2 Tbsp Olive oil

METHOD

1. Slice the baby tomatoes in half.
2. In a saucepan, heat some olive oil.
3. Add the chopped garlic, stir is a little, then add the baby tomatoes.
4. Add the salt, pepper and sugar and stir for a few minutes.
5. Add the balsamic vinegar and stir until the sauce is reduced but not dry.
6. Mix the caramelised baby tomatoes with the pasta and pesto sauce.

