

Cilantro and Mint Pesto

At this time of year, both the mint and the cilantro are abundant in the garden. This is one of my favourite spring recipes. It makes everything taste so fresh, and I love the bright green colour. Try it on rice, beans, veggies, chicken, lamb or fish. It seems to enhance the flavour of everything.

A loose handful of fresh parsley (about ½ cup)

A loose handful of fresh mint (about ½ cup)

A quarter of a small lemon, peeled and deseeded

2-4 tbsp olive oil (more if herbs are older or drier)

A small clove of garlic chopped (optional)

A few sprinkles of sea salt

Stuff all ingredients into a small blender cup. (I use a little attachment that was designed for baby food). If you don't have a small cup for your blender, I would suggest doubling the recipe and using your regular blender container. This recipe is so good, it will likely all disappear.

Blend on high speed. If it seems a bit dry (not blending easily), add a little more oil, or a tbsp of water. Tastes and looks best when used fresh, but it will keep for a few days in the fridge.
Enjoy!