

CARROT TOP PESTO

I was so saddened by seeing person after person having their carrot tops removed at the farmers market to be discarded into a compost bin somewhere that I started digging around for ways to use them. Pesto is just one way and I can guarantee you will never throw those tops away again. Although the recipe is specific measurement wise, pesto is for using what you have so do not stress if you don't have the exact weight in carrot tops. Add extra herbs, oil etc until you get the consistency you like. Makes 100g

- 3 tablespoons pine nuts or almonds
- 100-150g carrot tops, washed and dried, chopped roughly (do not worry too much about the weight here, you can add extra ingredients)
- small handful of any herbs (optional)
- 1-2 garlic cloves, minced
- Juice of 1 lemon (or orange if you like) you can add some zest too if you like
- 3 tablespoons Parmesan cheese, grated
- olive oil
- salt and pepper to taste

Toast the nuts in a dry pan until they turn golden. Watch carefully and move them around the pan whilst they are cooking as they can easily burn. Put the carrot tops and herbs (if using) in a food processor and blitz until smooth. Add the garlic, juice, zest and blitz again for a few seconds. Now add the Parmesan and enough oil to give the consistency you like for your pesto. I drizzle the oil in slowly so I can control the texture. Season to taste and blitz again for a few seconds. Store in an airtight container in the fridge for up to a week. Add more oil if too dry.

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