



HOW TO MAKE FORAGED NETTLE PESTO



Save money at uni by cooking this recipe with foraged ingredients

INGREDIENTS

- 2-4 cloves of garlic
- 1/2 cup of extra virgin olive oil
- 2-3 cups of freshly picked nettle leaves
- 1/4 cup freshly grated parmesan cheese
- Handful of nuts such as pine nuts or walnuts (optional)

METHOD

1. Pick your nettles (using gloves), wash them in a colander, then pour boiling water over them to get rid of the sting.
2. Place all the ingredients in a food processor and blend well.
3. Mix through cooked pasta, as desired.

Enjoy!