

## KALE PESTO

SERVES 2 / PREPARE 15 MINS

### Ingredients

200g kale  
 60g Parmesan  
 60g toasted nuts (hazelnuts or  
 pine nuts, walnuts,  
 almonds)  
 1 garlic clove  
 1 lemon  
 Olive oil

### Instructions

Strip the leaves from the kale, wash them well and discard the stalks. If cooking, blanch the kale in boiling water for 1 minute until wilted. Drain and cool in cold water. Squeeze dry with your hands.

Put the kale, Parmesan, nuts and garlic in a processor and pulse until finely chopped. Add olive oil until you achieve a thick pesto consistency. Season with salt, pepper and a dash or two of lemon juice to your tastes.



### Nutrifacts



**Kale** is high in FIBRE that helps intestinal health & transit fatty acids. Kale contains VITAMIN C that supports the immune system and  $\beta$  CAROTENE a powerful antioxidant. Our bodies can produce VITAMIN A from  $\beta$  CAROTENE to support vision, healthy skin and mucosal membranes. Additionally, Kale boasts high levels Of Lutein and Zeaxanthin to protect our eyes.

**Hazelnuts** are high in fibre and protein as well as fat. Hazelnuts are high in the antioxidant vitamin E and minerals like copper which is an important component of a powerful antioxidant enzyme (Superoxide dismutase or SOD) that helps reduce the levels of harmful free-radicals in our bodies and magnesium, necessary for energy production, muscle relaxation as well as calcium metabolism.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune **system**.