

Kale Pesto Brushetta

Kale is a superfood in its own right: full of all the vitamins, folates and minerals you'd find in other greens and brassicas, but much more versatile. We've tried pesto made with rocket as well as kale, and it is really delicious: basically any leafy green can be turned into a healthy and gorgeous raw pesto, perfect with pasta, cheese (especially mozzarella), on pizzas and with cured meat too. Try it on bruschetta (below), for a sumptuous party snack or starter: order a ciabatta with your box and give it a whirl.

Makes a small pot

1 large bunch kale, leaves stripped from stems & chopped
handful chard or salad greens
juice 1 lemon
1-2 tsp salt
2 cloves garlic, peeled
large handful grated Parmesan
2 handfuls pine nuts
2 good glugs olive oil



Toast the pine nuts (or other nuts) without oil in a large pan, until fragrant. Put all the stripped leaves in a blender with the lemon juice, salt, garlic, cheese and blitz for a few seconds until all roughly chopped. Slowly add the olive oil and mix gently as you go; once all the oil in in, blitz again until you get the consistency you like. You can store the pesto in the fridge sealed for up to five days.

To make bruschetta, cut a ciabatta into small squares and toss in a little olive oil. Fry quickly in a hot pan until golden on all sides. Scoop out and drain on kitchen paper; spread some pesto on top of each piece of bread, add some torn mozerella and chopped fresh tomatoes, and top with basil and crushed black pepper. Add a little salami or chorizo too for a meaty feast.



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