



Broccoli Stalk Pesto

If you're unfamiliar with the joys of eating the broccoli stalk, this recipe is a good place to start. Delicious and nutritious, you can enjoy it with pasta, rice, stirred through other vegetables, on toast or even just by itself!

You'll need:

- 2 - 3 broccoli stalks
- 2 cloves of garlic
- 1/3 cup of olive oil
- Handful of parsley or basil (or coriander, mint, thyme if you're feeling adventurous)
- Salt & pepper

Optional:

- 1/3 cup grated parmesan, breadcrumbs or nutritional yeast
- A handful of nuts (any of cashews, macadamia, pine nuts, sunflower or pumpkin seeds will do the trick)

Blend all ingredients together. Add more oil, garlic or seasoning according to taste and desired texture.