

# Kale Pesto

## WITH CAVOLO NERO & CASHEW NUTS

Pesto can be made with a variety of herbs and vegetables. Here I have combined young Tuscan Kale leaves with cashew nuts, smoked garlic, basil, pecorino & extra virgin olive oil here but watercress, rocket & other green leaves work too. It's a delicious take on a classic pesto and even carrot tops will work here.



### Ingredients

1 large clove smoked garlic  
75g cashew nuts (pumpkins seeds, almonds, pine nuts or walnuts would also work here)  
50g kale or baby kale, rinsed and roughly chopped if you are using mature leaves remove the coarse stem  
1 handful of fresh basil leaves (optional)  
75g pecorino Romano cheese, grated  
100ml extra virgin olive oil  
Freshly ground pepper and sea salt (smoked is even better)

### Method

1. Toast the cashews in a hot, dry frying pan till just golden and leave to cool.
2. Rinse and finely chop the kale.
3. Blitz the cooled cashews and kale in a food processor with the garlic, olive oil and cheese and basil if you are using it. Season and taste then and adjust the seasoning. Now take a look and add a little more oil if too thick to make sure you can to stir it into dishes, mix it with pasta or spread on bread.

This versatile pesto will last for 4-5 days if refrigerated but no longer as remember the kale is raw in this.