

5-Minute Nut-Free Chickpea Basil Pesto Recipe

12 servings

PREP TIME: 5 mins

TOTAL TIME: 5 mins

- 2 cup basil
- 4 whole garlic cloves or 1 teaspoon minced ginger
- 1 cup chickpeas from about 1 15-ounce can
- $\frac{2}{3}$ cup olive oil
- $\frac{1}{2}$ cup parmesan cheese
- 2 pinch black pepper
- Optional: lemon zest, lemon juice to taste; salt to taste, red pepper flakes *

INSTRUCTIONS

1. **Wash and prep the basil:** Start by submerging basil in a bowl of water and cleaning it off to remove any dirt. Dry it using a salad spinner or lay it flat on a plate or kitchen towel.
2. **Blend the greens, chickpeas, garlic, and oil:** Toss the cleaned and dried basil in a food processor. Next, add chickpeas and garlic cloves. Pulse until finely chopped, slowly drizzling in olive oil until the chopped ingredients are completely covered in oil but still chunky.
3. **Add parmesan cheese, spices, and lemon juice:** Finish by adding in parmesan cheese, salt, and pepper. Give the pesto a taste and add more seasonings until it's flavoured to your liking.

NOTE: Leftovers + storage: This pesto can be stored in an airtight container in the **refrigerator for 5-7 days**. If ingredients start to separate, pulse in a food processor or blender to redistribute.

Taste review:



Comment:

Cooking review:



Comment: