

Veg in Parsley Pesto

Servings: 6

Prep Time: 15min

Cook Time: 30min



Ingredients

- 50g butter
- 500ml vegetable stock
- 300g baby carrots, scrubbed
- 300g young or baby turnips, halved if necessary
- 200g shallots or baby onions, peeled and left whole
- 250g frozen petits pois, defrosted
- 2 bunches of spring onions, whole but trimmed

Parsley Pesto

- 1 clove of garlic, roughly chopped
- 30g toasted flaked almonds
- large bunch of flat-leaf parsley, leaves picked
- 75ml extra virgin olive oil or avocado oil
- 40g freshly grated Parmesan

Directions

1. In a large pan, melt the butter with the vegetable stock and add the carrots, baby turnips and shallots. Bring to the boil, cover and simmer for 15 min, then uncover for a further 5 min until tender and the liquid has almost evaporated.
2. To make the pesto, whizz the garlic, almonds, parsley and a large pinch of salt in a food processor (or with a stick blender) to make a thick green paste. Drizzle in the oil and whizz until runny. Stir in the cheese, then set aside.
3. Add the petits pois and spring onions to the pan of vegetables for a further 5 min and cook, uncovered, until tender and glazed. Remove from the heat and stir the parsley pesto through the warm veg to coat.