



Pumpkin seed pesto recipe

Serves 4

Ingredients

60 g	parsley leaves
220 g	pumpkin seeds
300 ml	olive oil
120 g	Schwarzenstein cheese, grated
1	organic lemon
	Salt and pepper to taste

Method

For the pesto, lightly toast the pumpkin seeds in a non-stick frying pan over a medium heat until they take on a golden-brown colour.

Thoroughly wash the parsley, carefully shake it dry and finely chop. Mix the parsley together with the toasted pumpkin seeds and freshly grated Schwarzenstein cheese in a mortar or mixer. Add the olive oil and juice from the lemon and purée everything into a creamy, smooth mass.

Cook the pasta according to the packet instructions and then mix well with the fresh pesto.

The pesto can be kept in a jar in the fridge for up to two weeks.