

# Stinging Nettle & Indigenous Pumpkin Seed Pesto

*Pesto made from stinging nettles with wild pumpkin seeds, parmesan, and cold-pressed oil. A great riff on a classic you can use to enhance many meals.*

Makes about 1.5 cups

## Ingredients

- 227g fresh nettles
- 2 generous tablespoons pumpkin seeds, lightly toasted
- ½ teaspoon pink salt
- ¼ teaspoon fresh ground black pepper
- 1 tablespoon lemon juice plus a few scrapes of zest
- 22g grated Brown's parmesan cheese or Grove & Meadow vegan parmesan cheese
- 1-2 large cloves of garlic (depending on your preference)
- ¼ cup light virgin olive oil
- ¼ cup cold-pressed pumpkin seed oil or macadamia nut oil



## Instructions

1. Dry toast the pumpkin seeds (no need to add oil)
2. Grind the pumpkin seeds medium-fine in a spice grinder and set aside
3. Steam the nettles for 2-3 minutes until wilted and tender (taste them to check, older ones will take longer)
4. Cool the nettles then press on a paper towel to remove water, and chop them fine
5. Mix the oils
6. Crush the garlic cloves with the back of a knife, chop coarsely and reserve
7. In a food processor, combine all ingredients except the oils
8. Pulse to break the mixture up in the food processor then add the oils in a steady, slow stream until thoroughly combined
9. Transfer to a jar, top with ¼ inch of oil and refrigerate (the pesto can also be frozen)

*Nettle pesto has a more vegetal flavour than ramp or basil pesto (which is more of a seasoning). Think of it as something you can use as a dip or spread in larger amounts than traditional pesto; we love it on our home made pizzas or on top of a slice of toast with tomatoes.*

Find out more about indigenous pumpkin and nettles [here](#).