

COOK NONE

KEEPS FRIDGE, AIRTIGHT

Skip the Parmesan and honey for a fully vegan pesto.

PLANT-BASED RECIPES · Nº 02

Spinach pesto

02

#quick #plant-based #meal-prep

INGREDIENTS

- [ ] Young spinach leaves (80–100 g)
- [ ] Garlic (2 cloves)
- [ ] Cashews (80 g)
- [ ] Parmesan cheese (80 g, optional)
- [ ] Honey (optional)
- [ ] Olive oil (150 ml)

✂ CUT & KEEP

STEPS

1. **Prepare the ingredients.** Wash the spinach leaves thoroughly and pat them dry. Peel the garlic cloves. If using Parmesan, grate it if it isn't already grated.
2. **Blend the base.** Place the spinach leaves, garlic, cashews, and Parmesan (if using) into a blender or food processor.
3. **Add the honey (optional).** Add the liquid honey to the blender to balance the flavors.
4. **Blend while adding oil.** Start blending and slowly pour in the olive oil until the mixture becomes smooth and creamy. You may not need all the oil—adjust until you reach your desired pesto consistency.
5. **Season to taste.** Add salt and pepper, then blend briefly again to combine.
6. **Adjust and serve.** Taste and adjust seasoning if needed. Serve immediately or store in an airtight container in the refrigerator.



MY NOTES