



NETTLE PESTO



Serves 2-4

Recipe by Kirsten Bacon



15 minutes

INGREDIENTS

- 2 cups fresh Tasmanian nettle leaves (young and tender)
- 1/2 cup Good Tasmanian olive oil
- 1/3 cup pine nuts (or walnuts)
- 2 cloves fresh garlic
- 1/2 cup grated Parmesan, pecorino (or dairy-free alternative)

DIRECTIONS

1. Prepare nettles: wearing gloves, harvest young nettles. Boil for 1-2 minutes, then transfer to an ice bath to cool. Squeeze out excess water.
2. Toast nuts (optional, but I think it adds a nice flavour): Lightly toast pine nuts or walnuts in a dry pan or oven for 3-4 minutes. (If you have an air fryer also really good and quick for toasting nuts).
3. Make Pesto: In a food processor, or a mortar and pestle, combine nettles, toasted nuts, garlic, and Parmesan. Add good Tassie olive oil (good oil is essential) slowly while blending to desired consistency. Season with lemon juice, salt, and pepper.
4. Serve: Toss with pasta, spread on bread, or drizzle over veggies. Enjoy!



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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- Juice of 1/2 lemon
- Salt and pepper, to taste.

TIPS FOR NETTLE HARVESTING:

1. Wear gloves and use scissors or pruners to cut tender young leaves from the top of the plant.
2. Avoid older leaves and handle carefully to avoid stings.
3. Whatever you do make sure when you harvest your nettles is from an area that you know isn't sprayed with yuk chemicals.



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