

Pumpkin seed pesto with wild garlic

Ingredients required for 4 persons

Preparation time 5 minutes

Difficulty easy

Ingredients

100 g fresh wild garlic
60 g pumpkin seeds
5 EL pumpkin seed oil
100 g parmesan
1 Prise salt and pepper



Preparation

Toast the pumpkin seeds in a pan without additional fat. Wash and clean the wild garlic and place in a blender. Add pumpkin seeds, pumpkin seed oil, roughly chopped parmesan and a little salt and pepper. Blend until creamy, pour in a jar and store in the fridge. Goes well with spaghetti, linguine, gnocchi or baguette.