Snow Peas with Potatoes and Parsley Pesto

Season: Winter/Spring
Type: Vegetable
Difficulty: Medium
Serves: 6 or 15 tastes
Fresh from the garden: snow peas, potatoes, parsley, garlic
Recipe source: epicurius.com

What to do.

• Steam the potatoes until tender. Leave aside.
• Roast the pine nuts in a non-stick pan over medium-high heat. Remove from heat when browned.
• Combine garlic, parsley sprigs, 1/2 cup pine nuts, parmesan and 1/2 teaspoon salt in a blender and process them to a paste.
• Add 1/2 cup olive oil and give it a quick whizz.
• Blend mustard with parsley pesto.
• In a non-stick pan, heat 1 tablespoon olive oil.
• Over medium heat, sauté snow peas until cooked to your liking.
• Combine potatoes, snow peas and pesto-mustard paste in a salad bowl.
• Serve hot with extra grated parmesan and roasted pine nuts.

Ingredients:

- 250 g snow peas, strings removed, washed and dried
- 10 potatoes, peeled and quartered
- 4 cups parsley sprigs
- 2 cloves of garlic
- 1/2 cup pine nuts + 2 tablespoons to serve
- 1/2 cup grated Parmesan
- 1/2 cup + 1 tablespoon extra-virgin olive oil
- 1/2 tablespoon mustard
- Extra parmesan to serve

Equipment:

- Chopping board
- Knives
- Peelers
- Steamer/saucepan
- 1/2 cup measure
- Scales
- Blender
- Non-stick frypan
- Wooden spoon