

Garlic Mustard Pesto

Ingredients :

- *One hand full Pine nuts*
- *Two hand fulls Garlic Mustard tops*
- *One hand full Nettle tops*
- *Three Garlic Clove*
- *Olive oil*
- *Parmesan Cheese*

Method:

1. Chop the nettle, garlic mustard tops and garlic cloves as finely as possible.
2. Using a pestle and mortar grind the pine nuts
3. Grate the Parmesan cheese
4. Mix all of your ingredients together in the pestle and mortar or pass them through a

spong (if you're lucky enough to have one) and grind a little more

5. Add oil, Salt and pepper to taste
6. Put in a salad, on pasta or simply on a buttered cracker and enjoy!

