



Dill & almond pesto/dip

This easy and versatile pesto can go into the freezer to be ready for a quick summer meal, or into a pretty jar as a healthy gift.

Ingredients

2 cloves garlic

2-3 dessertspoons raw almonds

1 bunch fresh dill
(hard stems removed)

Australian extra virgin olive oil

2 dessertspoons freshly ground pecorino or parmesan cheese

2-4 anchovy fillets (optional)

Freshly ground pepper
(and salt if not using anchovies)

⌚ Prep time: 15-20 minutes

👤 Serves 4-6

Gluten free, vegetarian (if not using anchovies)

Method

In a food processor, chop garlic, then add almonds and whiz until preferred consistency. Add dill and whiz and, with food processor still going, add a little olive oil to start to form a paste. Add cheese, pepper and anchovies OR salt. Continue to process while adding the oil to form a paste consistency for a dip, or a thick pouring consistency for a pesto.



Alternatively, you can use a pestle and mortar, following the same steps as above to grind and blend the ingredients, but finely chopping the dill before adding it.

Store in fridge in a jar with a layer of olive oil to prevent mould, or freeze if not using within a week.

Use as a dip with crackers; toss through pasta or steamed potatoes and broccoli/asparagus and serve with smoked trout or salmon or fresh fish; or spread on cooked salmon or fish and serve with a salad. Or even spread on toast with cheese or canned sardines!

Nutritional information

This pesto makes a lovely gift for friends to use over the summer for a quick meal. Dill is a very aromatic herb with natural oils that help to calm the digestion. It marries very well with fish, or potatoes, but equally jazzes up slices of good dense bread with some cheese. Anchovies are optional, and provide some added flavour, but they do not overpower here. Anchovies are very rich in the good oils, the omega-3 fatty acids, which are anti-inflammatory and beneficial for our cardiovascular system.

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