



# Parsley-Rosemary Pistou

*makes about 3/4 cup*

- 1 cup flat leaf parsley, densely packed
- 1 tablespoon fresh rosemary, de-stemmed
- 1 heaping tablespoon pine nuts, toasted
- 1 clove garlic
- 1/2 teaspoon sea salt
- 1/2 teaspoon lemon zest
- 2/3 cup olive oil
- 1 tablespoon finely grated Parmigiano-Reggiano

Pulse the parsley, rosemary, pine nuts, garlic, salt, zest and oil in a blender or food processor. Leave it a little chunky. Stir in the cheese. It should have the consistency of a loose pesto. Can be stored in the fridge for several days.