

CHICK PEA PESTO

I don't remember where I found this recipe but it is delicious, and you can make it as thin or thick as you like. It doesn't need to be a pesto really... could be the base for a sauce or the topping of a lasagne rather than white sauce or it could be worked a little to be a cool summer soup. I just love the idea of an endless list of herbs that could be used as we head into summer.

1 handful basil leaves

1/2 tsp ground cayenne pepper, but if you like spicy use chilli

400g tin of chick peas

200g coconut milk

1/2 lime, juice and grated rind....I'm rather fond of lime and used whole one!

1 tbsp olive oil...I prefer sesame (not toasted) but up to you

Salt and pepper to taste.

Place all the ingredients in a bowl.

Using a hand blender....blitz until smooth.

There is ample for 4 greedy folks or 6 normal ones! Toss whatever pasta you are using in it and serve. I really like pine nuts and use them ground up instead of parmesan and sprinkle on top.

As we head into summer...use a combination of herbs...I bet it is so refreshing using mint in it. Use less coconut milk if you want thicker...or add more chickpeas and season accordingly.

The flavour is even better if you use dried chickpeas...having soaked and cooked them first obviously!!