

## BUNYA NUT AND WARRIGAL GREENS PESTO

### Ingredients

- 50 -100 g Bunya nuts – prepared as below
- 1 litre or 100 gm Warrigal Greens
- 1 clove of Garlic
- 100 ml Olive Oil
- 1 Teaspoon Lemon Juice
- ¼ teaspoon salt
- Optional
  - Ground parmesan cheese
  - Pepper



### Method

- Cut prepared bunya nuts into pieces
- Harden the bunya nuts - Lightly fry in an open pan with small amount of olive oil
- Put Warrigal greens in a large sieve and pour 1 – 2 litres of boiling water over the greens and drain (necessary to reduce oxalates)
- Put bunya nuts in a blender and blend until grainy – avoid going to powder
- Add Warrigal Greens, garlic and lemon juice in blender
- Add half of olive oil and blitz for a few seconds
- Examine pesto consistency – if necessary add a little more oil and blitz for 2 seconds
- When consistency is OK, place in jar with lid and then into fridge or freezer.

Source Bunya Nuts and Warrigal Greens via FB Marketplace or other internet sources

Boil Bunya nuts for 15 minutes. When cool, cut open using this technique –

- Hold a bunya nut vertically in pliers ( vice grip type) on a wooden surface – round end down
- Place a sharp knife on the tip and hammer down into the tip
- Remove from vice grip and hammer down until the bunya nut can be opened like a clam shell
- Remove centre yellowish tube from each side
- Scoop the nut from each half

