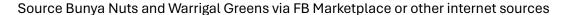
## **BUNYA NUT AND WARRIGAL GREENS PESTO**

## 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
  - o Ground parmesan cheese
  - o 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 oiive 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.



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 opend like a clam shell
- Remove centre yellowish tube from each side
- Scoop the nut from each half









