

Mediterranean Basil-Walnut Pesto

地中海風バジル・くるみペスト

Yield: Approximately 145–150 g pesto

Enough for:

- 160 g dried pasta (2 servings)
- 2 pizzas
- 6–8 crostini
- 4 grilled chicken breasts
- several sandwiches



Ingredients

Herbs

- 40–45 g fresh basil leaves (stems removed), loosely packed (バジル)

Nuts

- 30 g walnuts, lightly toasted (くるみ)

Cheese

- 25 g freshly grated Parmesan (パルメザン)

Aromatics

- 1–2 cloves garlic, roughly chopped (にんにく)

Liquid

- 60–70 ml extra virgin olive oil (オリーブオイル)

Seasoning

- 1 T fresh lemon juice (レモン汁)
- ¼–½ tsp salt + pinch MSG (塩+MSG)
- Freshly ground black pepper

Instructions

Toast the Walnuts

Toast gently over medium heat for **3–4 minutes**, stirring frequently. Cool completely.

Blend

1. Into the food processor place:

- **walnuts**
- **garlic**
- **Parmesan**

Pulse several times.

2. Add:

- **basil**

Pulse briefly.

3. With the machine running slowly drizzle in:

- **olive oil**

4. Finally add:

- **lemon juice**
- **salt**
- **pepper**

Blend only until the pesto remains slightly textured. Do not puree completely.

Taste

Adjust:

- salt
- lemon
- olive oil

The pesto should be bright, fresh and spreadable.

Storage

Refrigerator

Store in an airtight container. Smooth the surface. Cover with a **5 mm layer of olive oil**. Keeps **5–7 days**.

Freezer

Freeze in:

Option 1 (Recommended)

75 g containers

One container = one dinner for two (160 g dried pasta)

Option 2

Silicone ice cube trays. Each cube approximately 35–40 g.

Two cubes = one pasta dinner

After freezing. transfer cubes to freezer bags. Label with date.

Best quality:

3 months

Good up to

6 months

Master Recipe Uses

Pasta

- Broccoli Walnut Pesto Pasta
 - Shrimp Pesto Linguine
 - Chicken Pesto Penne
 - Salmon Pesto Pasta
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Chicken

- Grilled Chicken with Pesto
 - Pesto Chicken Sandwiches
 - Pesto Stuffed Chicken Breast
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Seafood

- Grilled Shrimp
 - White Fish
 - Scallops
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Vegetables

- Roasted Potatoes
- Green Beans
- Zucchini
- Asparagus
- Eggplant

Bread

- Crostini
 - Bruschetta
 - Garlic Bread
 - Focaccia
-

Pizza

Use instead of tomato sauce.

Excellent with:

- mozzarella
 - tomatoes
 - chicken
 - mushrooms
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Sandwiches

- Chicken
 - Tomato & Mozzarella
 - Grilled Vegetables
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Soups

Swirl into:

- Minestrone
 - Tomato soup
 - Vegetable soup
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Salads

Whisk with additional olive oil and lemon juice for a pesto vinaigrette.

Rice & Grains

Excellent stirred into

- risotto
 - quinoa
 - couscous
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Chef's Notes

Fresh basil is the dominant flavor.

Walnuts produce a softer, more economical pesto than pine nuts while contributing excellent nutrition.

Leaving the pesto slightly coarse gives a more rustic Italian character.

Reserve a few basil leaves until the very end of blending for the brightest flavor.

Nutrition (Approximate)

Entire Batch (145 g)

Kcal: ~840 | **Protein:** 17 g | **Fat:** 83 g | **Sat Fat:** 14 g | **Carbs:** 12 g | **Sugars:** 2 g | **Fiber:** 4 g | **Sodium:** 550 mg | **Omega-3:** 3.0 g
