



# WILD GARLIC 2 WAYS

After being given a load of wild garlic by a neighbour, I thought 'ok let's try to make something easy and simple that will also freeze well'. Both the recipes below are really easy to make in a high speed blender, like a Nutri-bullet or similar, and the quantities can be doubled for more volume. They will also freeze well, so you can make ahead! The below recipes are both Vegan friendly and use ingredients that you are readily available.

## Wild Garlic Pesto

### Ingredients:

Makes enough for approx 2 people if putting in pasta

50g wild garlic - green leaves washed and dried  
35g sunflower seeds/pine nuts (you can use any seeds/nuts you like)  
2 tbsp olive oil  
2 tbsp nutritional yeast (or parmesan if not Vegan)  
1/2 a lemon - zest & juice  
Salt & Pepper to taste

### Method:

1. Toast the seeds/nuts - you can do this by dry frying in a frying pan over a medium heat until lightly browned. (usually 2-3 mins flipping regularly to stop them burning)
2. Add all the ingredients, including the toasted seeds/nuts into a blender, blend until smooth and Voila! - I use a Nutribullet blender which works well.



## Wild Garlic Hummus

### Ingredients:

Makes 4 small glass dessert pots worth

50g wild garlic - green leaves washed and dried  
3 tbsp tahini  
1 can chickpeas (240g drained weight)  
1 lemon - juice  
4 tbsp olive oil  
Salt & Pepper to taste

### Method:

Add all the ingredients to a blender and blend to required consistency - you might want to add some of the liquid from the chickpeas if you like a smoother/more runny hummus.



TIP: As you blend the mixture, stop every 10 secs to start with and shake the mixer bottle so that the blade doesn't get clogged up!