

PESTOS WITH GUSTO

Pollen Organics, the Hampshire-based, family-owned award-winning organic food company, offers three fresh pestos in its range. Each contains an inspired choice of pure organic ingredients blended together to create a wonderful mix of textures and flavours. Their pestos are equally delicious stirred into pasta or combined with other ingredients to create an array of simple but delightful recipes.

fresh basil and almond pesto

Christianne Pollen has created an unusual slant to the traditional Pesto alla Genovese by selecting to use lightly toasted almonds rather than the more usual pine nuts in her recipe.

Pollen Organics award-winning* **fresh basil and almond pesto** is made from biodynamically grown basil from Laverstoke Park near the New Forest in Hampshire. This is combined with extra virgin olive oil and almonds from Andalucia; Italian Bio Mondoro vegetarian cheese; crushed garlic; a splash of lemon juice; naturally harvested sea salt; freshly milled black pepper plus a smidgen of raw cane sugar to create this vibrant and richly flavoured pesto.

Perfect stirred into pasta or try mixing with yoghurt, extra virgin olive oil and lemon juice for a delicious dressing which is equally good over a spinach, avocado and spring onion salad or poured over free range chicken breasts and baked. Alternatively add a teaspoon of this pesto to a few beaten eggs for a delicious omelette or for a quick, easy starter serve houmous with a dollop of pesto on top, some olives, a slice of lemon and toast or pitta bread.

Pollen Organics fresh basil and almond pesto has an RRP of £3.93 for a 175g jar and is to be found in the chilled aisle in selected branches of Waitrose, Whole Foods Market, organic supermarkets, independent delis and farm shops.

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fresh watercress and lemon pesto

Pollen Organics fresh watercress and lemon pesto offers an English slant on the pesto theme and uses watercress farmed in the natural spring water at the foot of the chalk hills on the Wiltshire/Dorset border. The fresh watercress is blended and mixed with crumbled Italian Bio Mondoro cheese and extra virgin olive oil and almonds from Andalucia. It is then combined with crushed garlic, a splash of lemon juice, naturally harvested sea salt and freshly milled black pepper to give a delightfully fresh and tangy pesto with a more subtle flavour than the fresh basil and almond version.

Not only is **Pollen Organics** award winning* **fresh watercress and lemon pesto** great stirred through pasta but it is also delicious mixing ½ a jar with a small tub of crème fraiche and a simple squeeze of lemon juice to serve with cold poached salmon or free range chicken.

For a stylish vegetable option cut fennel from top to bottom into four thick slices arrange in a baking dish and drizzle with olive oil then add a dollop of pesto on each, season with salt, pepper and a squeeze of lemon juice, cover with foil and bake in oven at 180°C for approx 20 minutes.

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sundried tomato pesto

The intense flavour of **Pollen Organics sundried tomato pesto** is derived from a combination of the best quality organic Italian sundried tomatoes, blended with extra virgin olive oil and crushed almonds from Andalusia, together with fresh garlic and crumbled Italian Bio Mondoro vegetarian cheese. It is then seasoned with naturally harvested sea salt and freshly milled black pepper.

To ring the changes, try Pollen Organics sundried tomato pesto spread in light layers in a lasagna or add a teaspoon to soups, casseroles or your classic bolognese sauce for a new taste dimension. For an unusual accompaniment to barbecues, create a salad using wild rice, black olives and chopped parsley and use the sundried tomato pesto as a dressing or stir a generous spoonful into roasted vegetables towards the end of cooking for a delicious twist.

Pollen Organics sundried tomato pesto has an RRP of £3.93 for a 180g jar. It is to be found in the chilled food sections of Whole Foods Market, organic supermarkets, independent delis and farm shops.

For more information on the range of organic foods offered by Pollen Organics visit the website www.pollenorganics.com.

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* Pollen Organics basil and almond and watercress and lemon pesto have both received Organic Food Awards

