Magical Green Sauce

EASY • 15 MINS

Nutrient-rich broccoli is our not-so-secret ingredient in our magical green sauce.

This recipe also doubles as a delish pasta sauce! Simply reserve ¼ cup pasta water to thin, stirring through when ready to serve. Also excellent with grilled chicken, fish, and vegetarian dishes alongside crumbled goats cheese.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	15 mins	4-6 as a dressing or sauce

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

- 1 head broccoli, florets and stem
- 1 handful baby spinach leaves or rocket leaves
- 1 cup basil leaves
- Juice of 1 lemon
- 1 tbsp Capilano Pure Honey
- 100g parmesan cheese
- Salt and pepper, to taste
- (optional) 1 tsp fresh or ground chilli

Method

1. Roughly chop broccoli including stem, and steam until tender. Place in food processor or blender along with all other ingredients except for olive oil and blitz for 1 minute. Gradually add olive oil while processor is running and pulse until smooth and your desired texture is achieved.

2. Store in a jar or airtight container for up to 3 days. Suitable for freezing in an airtight container or jars for up to 3 months.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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