



# 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  $\frac{1}{4}$  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

Easy

## PREP TIME

15 mins

## SERVINGS

4-6 as a dressing or sauce

## Ingredients

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 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 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

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