

Coriander and Lemon Herb Paste



Makes approx. 1 cup



10min



Winter



Fresh Coriander



INGREDIENTS:

- 2 heaped cups fresh coriander leaves and tender stems
- ½ cup fresh parsley or mint leaves
- ¼ cup unsalted pepitas or sunflower seeds
- 1 small garlic clove, roughly chopped
- Finely grated zest and juice of 1 lemon
- ½ teaspoon ground cumin
- 2 tablespoons extra virgin olive oil
- 3-5 tablespoons water
- Ground pepper, to taste
- ½ small green chilli (*optional*)

METHOD:

1. Wash the coriander and parsley or mint thoroughly. Pat dry with a clean tea towel.

2. Roughly chop the coriander, including the tender stems.

**The stems contain plenty of flavour and using them helps reduce food waste.*

3. Place the coriander, parsley or mint, pepitas, garlic, lemon zest, lemon juice, cumin, olive oil and optional chilli in a small food processor.

4. Blend until finely chopped.

5. Add the water, one tablespoon at a time, and continue blending until the mixture forms a thick paste.

6. Taste and season with black pepper. Add more lemon juice or water if needed.

7. Transfer to a clean airtight container and refrigerate until ready to use.

TIPS:

- Spoon over roasted vegetables.
- Stir through cooked rice, couscous or quinoa.
- Mix with greek yoghurt to make a dip or salad dressing.
- Serve with grilled fish, chicken, tofu or lentils.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.