

WATERCRESS PESTO

Serves 4

- 2 garlic cloves
- 50g watercress
- 50g basil or parsley
- 150ml olive oil
- 50g toasted almonds
- 50g parmesan
- Cooked pasta, to serve

- 1 In a food processor, blitz together the garlic, watercress and basil or parsley, then loosen with half of the olive oil. Add the almonds and the rest of the oil and whizz to a paste.
- 2 Grate in the parmesan and pulse until combined. Season to taste. Toss the pesto through your favourite cooked pasta (it's best used on the day), or decant into a jar with a little extra oil on top and keep in the fridge for up three days.



GOOD FOR YOU!

WATERCRESS

Packing a wonderfully peppery punch like its relatives mustard and radish, you can't fault watercress on delivering flavour. While it's available all year round, it's at its best right now. All of it can be eaten - just remove any thick, tough stems or yellowing leaves before eating. And to make it last longer, wrap the stems in a damp cloth or kitchen paper and store it in the fridge. The peppery leaves are brimming with essential vitamins and nutrients, and its health-giving properties have been known since ancient times. In fact, it contains more vitamin C than oranges, more calcium than milk and is packed with iron (which we need to stop us from getting tired) - you couldn't ask for more. People often only use watercress in salads, but it makes a great alternative to spinach when simply steamed or sautéed with a little butter. Or try our amazing recipes below...



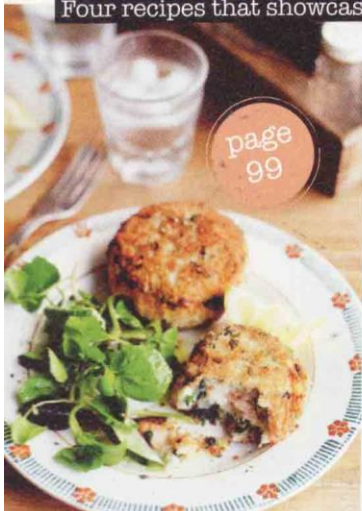
WATERCRESS GOES WITH...
 BEEF OILY FISH GRAPEFRUIT
 EGG BEETROOT ORANGE CHICKEN
 SHELLFISH PORK GOAT'S CHEESE
 ANCHOVY POTATO WALNUT

Spread a spoonful of the pesto onto pork chops and grill them until cooked through.

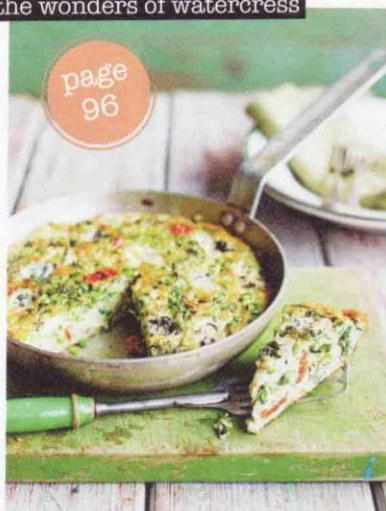
Add a little of the pesto to scrambled eggs just before serving them on buttered toast.

Spread some pesto over a sheet of puff pastry, top with goat's cheese, and bake until golden.

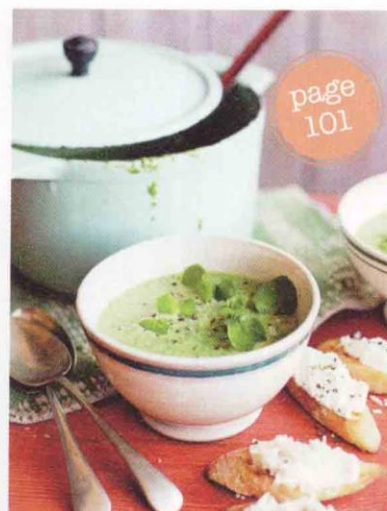
Four recipes that showcase the wonders of watercress



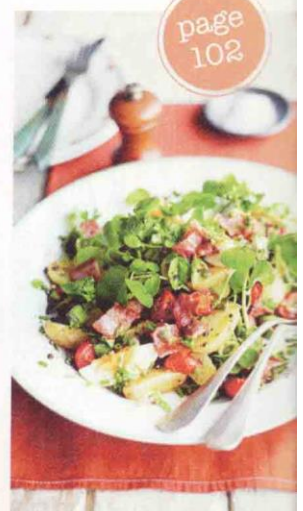
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