

Lemon Herb Parmesan Pasta Sauce

Season: Autumn

Type: Main

Serves: 32 tastings

From the garden: Thyme, rosemary & parsley

Class focus: Stripping herbs from their stems



Equipment:	Ingredients:
Small frying pan x 1 Wooden spoon x 1 Small mixing bowl x 1 Measuring cups Measuring spoons Grater x 1 Juicer x 1 Kitchen scale	¼ cup olive oil 50g butter (melted using microwave) 2 cloves garlic (minced) 1 sprig rosemary (leaves only, finely chopped) 2 sprigs thyme (leaves only) 2 sprigs parsley (leaves only, finely chopped) Zest & juice of ½ lemon ½ cup parmesan cheese 1 teaspoon salt 10 grinds of pepper

What to do:

1. Wash all the herbs.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat the first 6 ingredients in a small frying pan over medium heat.
4. Fry until garlic is cooked, about 2 minutes.
5. Remove from heat and let it cool.
6. Combine the herb mixture and the last 4 ingredients in a small mixing bowl.
7. Pass the pasta sauce to **Blue Group**.

For vegan or dairy intolerance option:

Add the butter and cheese at the end so you can take a portion out without dairy for the vegan or dairy intolerance students.