

COLDPRESSED

# the Good Oil



50% LESS  
SATURATED FAT  
THAN OLIVE OIL

IDEAL FOR FRYING,  
ROASTING, DRESSING  
AND BAKING

GROWN  
AND PRESSED IN  
NEW ZEALAND

## THE GOOD BASIL PESTO

### Ingredients:

- 2 cups packed fresh basil leaves
- 1-2 cloves finely minced garlic
- ½ cup pine nuts, cashews or walnuts
- ½ cup The Good Oil
- ½ cup finely grated Parmesan cheese

### Method:

In a food processor, combine basil, garlic and nuts. Pulse together until everything is roughly chopped.

Scrape down sides and add Parmesan and a little oil at a time, pulsing until combined.

Leave as much texture as you like.  
Season to taste with salt and pepper.