Blanched Pesto

6 cups fresh basil leaves

2 Tablespoon unsalted sunflower seeds

1/4 cup + 1 Tablespoon olive oil

1/4 teaspoon kosher salt

1/2 cup parmesan cheese

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Bring a large pot of water to a boil.

Fill a second bowl with ice water.

Place basil leaves in a metal strainer.

Place strainer in pan and use tongs to submerge leaves.

Cook 5 seconds.

Remove strainer with basil and immediately submerge into ice water.

Let stand 10 seconds.

Spread basil on towel and gently blot dry.

Place basil, sunflower seeds, oil and salt in food processor and pulse until smooth.

Add cheese and process until smooth.