

Sunflower Surprise

Method



Ingredients

- 200ml olive oil.
- 100g sunflower seeds, plus a few extra to decorate! Make sure to check whether you or anyone who is eating this is allergic to seeds before you serve it to them.
- 100g parmesan cheese, grated.
- Big bunch of fresh basil (at least 2 supermarket size bags).
- A squeeze of lemon juice.
- 1 clove garlic, chopped.
- 1 sweet potato, peeled and chopped into batons.
- 2 medium courgettes, chopped into batons.
- 2 medium carrots, chopped into batons.

1. Preheat the oven 200°C (200 fan)/gas mark 6
2. We need to start by making our veggie batons. Lay the sweet potato, courgette and carrot batons on an oiled baking tray. Then add a drizzle of olive oil and give them a good mix, until all the veg is covered in oil.
3. Put into the oven to roast for 25 minutes, or until they are golden and crispy. Then take the vegetable batons out of the oven and leave to cool slightly for a couple of minutes.
4. While the batons cook, you can make your basil pesto. Tip the sunflower seeds, parmesan cheese, basil leaves, chopped garlic, a squeeze of lemon juice and olive oil into a blender. If you don't have a blender, you can use a pestle and mortar or even a rolling pin and sturdy mixing bowl.
5. Then whiz the ingredients all together to make a rough paste, if the mix is too dry you can add a splash of water to help it blend. Ask your grown-up helper to help you do this, as blenders can whiz very fast!
6. Once you have your pesto, carefully spoon it into a bowl and place in the middle of a plate.
7. Now to make our sunflower. With very clean hands arrange the sweet potato, courgettes and carrots around the bowl of pesto, to be the petals. You can arrange these in any pattern you like.
8. The bowl of pesto will make the head of the sunflower. You can add a sprinkling of sunflower seeds on top and then your sunflower is complete!