

## Herb Mustard

- 1/2 cup white mustard seeds
- 1/3 cup Naturals by Melrose Almond Spread
- 1 cup Melrose Organic Sunflower Salad Oil
- 1 cup Naturals by Melrose Apple Cider Vinegar
- 2 teaspoons salt
- 1/4 cup port
- 1 tablespoon freshly chopped marjoram
- 1 tablespoon freshly chopped oregano
- 1 tablespoon freshly chopped thyme

Blend the mustard seeds and Melrose Almond Spread in a blender. Add the Melrose Sunflower Salad Oil, Naturals by Melrose Apple Cider Vinegar, salt, port and herbs. Blend until thickened. Pour into sterilised jar. Stand for a few days to allow the flavour to develop. Store in a cold dark place. Refrigerate after opening. Makes 2 1/2 cups.

## Pistachio Pesto

- 3 cups of fresh basil (no stems) firmly packed
- 3 cloves crushed garlic
- 3/4 cup freshly grated parmesan cheese
- 1/2 cup Melrose Organic Olive Oil
- 1/4 cup Naturals by Melrose Pistachio Spread

Puree basil, garlic, parmesan cheese, Melrose Olive Oil and Naturals by Melrose Pistachio Spread in a food processor until well combined. The end result will be a uniform paste. Sterilise two small jars and keep refrigerated. Toss pesto with hot, drained pasta, 1/4 cup of pesto per serve. Try substituting any of the Naturals by Melrose nut spreads for a unique taste experience.



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