



Recipes

Basil

Basil is an easily grown herb which can be grown outside in the summer, but it will need to be grown inside on a windowsill in spring, autumn, and winter. It works well with tomatoes, vegetables (especially Mediterranean vegetables like peppers or courgettes), rice and pasta dishes, as well as in soups, stews and bakes like lasagne or moussaka.

Here are some of our recipe ideas that use basil:

- **Pizza:** Try our homemade pizza recipe and tear up basil leaves to top your pizza <https://www.youtube.com/watch?v=0y4-MUUY7sE>
- **Salad in a jar:** Here is a delicious portable salad topped with some torn up basil leaves <https://www.youtube.com/watch?v=GSI2XJ3d-EQ>
- **Soups:** Try this easy recipe for a quick tomato and basil soup <https://www.family-action.org.uk/content/uploads/2022/02/Blender-roasted-tomato-soup.pdf>
- **Homemade pesto:** Here is an easy recipe for a homemade basil pesto <https://www.family-action.org.uk/content/uploads/2022/02/Blender-herby-pesto-sauce-recipe.pdf>
- **Pasta sauce:** Try adding some chopped basil to this easy pasta sauce <https://www.family-action.org.uk/content/uploads/2021/10/basic-pasta-sauce-recipe-final-.pdf>
- **Chicken pesto pasta:** Try this yummy chicken pesto pasta recipe here <https://www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/>
- **Quiche:** There is a recipe on our recipes page for a quiche, but you can be inventive and make up your own flavour of quiche. Basil would work well with a tomato quiche or a Mediterranean vegetable quiche: <https://www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/>

However, there are lots of other ways to use your basil too:

- **Veg:** Try some **roasted vegetables** with basil – wash and chop a selection of vegetables such as butternut squash, peppers, courgettes, or mushrooms. Place in an oven dish and coat with a drizzle of olive or vegetable oil. Roast for around 25 minutes on high. Enjoy your roasted veg sprinkled with some torn up basil. You could have them as a side dish to a meal, in a wrap, in a sandwich, sprinkled over a salad or sprinkled over some cooked pasta, rice or cous cous.
- **Drink:** Try a refreshing drink of iced water with some slices of lime and basil leaves.
- Sprinkle some basil on your **salad** or top any **pizza** with a bit of torn up basil for extra taste and it looks nice too.
- **Crostini:** Slice a French stick and lightly toast it by placing the slices in a hot oven for around 5 minutes. Rub each piece with a clove of garlic. Then use whatever topping you like – chopped tomatoes, grated cheese, tuna, roasted vegetables. Try mixing up your toppings, and then top with some torn up basil.
- **Fruits:** Basil goes well with strawberries and melons, so try a bit of basil chopped in a strawberry and melon salad.