

Minty Pea Pesto

Yield: 3 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/fermented-rice-water-chinese-recipe>

Ingredients:

- 1 1/2 cups arborio /short grain brown rice, or any other variety of brown rice
- 2 cups fresh peas
- 10 ounces frozen peas
- 2 garlic cloves small, coarsely chopped
- 1/3 cup raw cashews
- 1/3 cup grated Parmesan
- 2 mint leaves packed tablespoons, more to taste
- 1/2 lemon juiced, more to taste
- 1/2 teaspoon sea salt
- 1/3 cup olive oil
- 1/2 cup rice water reserved, or plain water if necessary
- 6 radishes end removed and sliced into super thin rounds

Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 114 grams
3. Cholesterol: 10 milligrams
4. Fat: 35 grams
5. Fiber: 14 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 680 milligrams
9. Sugar: 12 grams

Thank you for visiting our website. Hope you enjoy Minty Pea Pesto above. You can see more 19 fermented rice water chinese recipe Get cooking and enjoy! to get more great cooking ideas.