
Salsa Verde



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- 1 BUNCH FLAT LEAF PARSLEY - FINELY CHOPPED
- 1 BUNCH BASIL LEAVES - FINELY CHOPPED
- 1-2 GARLIC CLOVES - MINCED
- 1 CUP EXTRA VIRGIN OLIVE OIL
- 60ML LEMON JUICE
- PINCH OF SEA SALT

- BLITZ ALL INGREDIENTS TOGETHER IN A FOOD PROCESSOR

NOTES:

- ADD MORE OIL IF REQUIRE TO ACHIEVE DESIRED CONSISTENCY.
- SALSA VERDE CAN BE USED AS A DIP, EATEN WITH CHICKEN, MIXED THROUGH BOILED POTATOES, POUR OVER ROAST VEGETABLES OR USE AS A SALAD DRESSING.
- STORE IN AN AIR TIGHT CONTAINER IN THE FRIDGE FOR UP TO A WEEK OR FREEZE.

NUTRITION INFORMATION

FRESH HERBS ARE ABUNDANT IN HEALTHY VITAMINS AND MINERALS.

PARSLEY

- VITAMIN A,C, K, FOLATE & POTASSIUM

BASIL

- ANTI-INFLAMMATORY, AIDS DIGESTION, ASSISTS IN MANAGING DEPRESSION, SUPPORTS LIVER FUNCTION & PROMOTES GUT HEALTH.

FRESH HERBS ARE A FANTASTIC WAY TO ADD FLAVOUR TO ANY DISH WITHOUT ADDING SUGAR, SALT, ARTIFICIAL FLAVOURS, COLOURINGS OR ADDITIVES.