



CHIMICHURRI SAUCE

 6 portions

INGREDIENTS

- 1 Small shallot cut into wedges
- 3/4 c Flat-leaf parsley, stems removed
- 1 tbsp Fresh oregano, stems removed
- 2 cloves of garlic, raw (6 g)
- 1.5 tsp salt
- 1 tsp, ground of spices, pepper, black (2 g)
- 1/2 tsp red pepper flakes
- 3/4 cup of oil, olive, salad or cooking (162 g)
- 1/2 cup of vinegar, red wine (120 g)

COOKING METHOD

- 1° In a small food processor pulse the shallot, parsley, oregano, garlic cloves, kosher salt and pepper until combined, but still able to see the ingredients clearly (slightly chunky).
- 2° In a small bowl add the red wine vinegar, olive oil and the red pepper flakes to the parsley mixture. Stir until combined.
- 3° *This will store in refrigerator for up to two weeks.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (63 g)	% DRI
ENERGY	402 kcal	254 kcal	13 %
FAT	43 g	27 g	42 %
FATTY ACIDS, TOTAL SATURATED	6 g	4 g	19 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	53 mg	33 mg	1 %
CARBOHYDRATE	4 g	3 g	1 %
SUGARS	1 g	1 g	—
FIBER	1 g	1 g	3 %
PROTEIN	1 g	1 g	—