

SALSA VERDE

INGREDIENTS

100g Dill pickles
¾ bunch Parsley
2 tbsp Capers
3 tbsp Red wine vinegar
2/3 cup Olive oil
½ Long red chili
½ tsp Black pepper

METHOD

1. Soak ¾ bunch of parsley in cold water for 3 minutes, the sand and dirt will sink to the bottom of the bowl. Once parsley is cleaned, remove from water and add to your NutriBullet or blender, along with remaining salsa verde ingredients.
2. Blitz salsa verde until everything is finely chopped and incorporated (you don't want it to be smooth). Store in an airtight jar in the fridge.
3. This dressing also works beautifully if you like to chop herbs finely by hand.

NOTES