

Chimichurri Sauce

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This fresh sauce comes from Argentina, where it’s drizzled over cooked meats, poultry and fish. It is tangy and fresh, and complements the charred flavours associated with the barbecue cooking that is common in Argentina.

INGREDIENTS	Serves	about 2 cups	Per serve (2 tbsp, approx. 25 g)	
	Prep time	10 minutes	Carbs	0.4 g
	Difficulty	● ● ●	Protein	0.2 g
			Fat	10.9 g
			Energy	99 Cal
METHOD				
Mix all the ingredients together in a small bowl, seasoning to taste with salt and freshly ground black pepper.				
It will keep in the fridge in a container with a tight-fitting lid for a week.				

