

Salsa Verde

DFVo

This classic Italian sauce enhances almost anything it touches, and can transform an ordinary meal into something special. Play around with the ingredients and ratios to adjust the sauce to your taste. Toss through some zucchini noodles for a delicious accompaniment to a main meal.

Serves	12	Per serve (2 tbsp, approx. 30 g)
Prep time	15 minutes	Carbs 0.5 g
Difficulty	●●●	Protein 1.2 g
		Fat 15.3 g
		Energy 143 Cal

INGREDIENTS

- ½ red onion, finely diced
- 2 tbsp red wine vinegar
- 4 anchovies plus 1 tbsp of the oil (or olive oil; optional)
- ½ cup finely chopped parsley
- ¼ cup finely chopped basil
- 2 tbsp capers
- ½–1 cup extra virgin olive oil

METHOD

Mix all the ingredients together in a small bowl and season to taste with salt and freshly ground black pepper.

Store in the fridge, in a container with a tight-fitting lid, for up to 1 week.

Vegetarian option: Replace the anchovies and their oil with olive oil.

