

OUR RECIPE

Gremolata – Zesty Italian Herb Sauce

Makes 4 -6 portions

INGREDIENTS

Large bunch of flat leaf parsley
2 garlic cloves
Zest of one lemon
280ml of olive oil
Pinch of chilli flakes (optional)
Salt and pepper



Easy way to flavour to peas or pasta for a low cost meal, or add to salmon or a summer salad. It keeps in the fridge for up to 7 days.

METHOD

1. Roughly chop your flat leaf parsley and add to a bowl.
2. Crush or chop the garlic cloves into very small slices.
3. Add the garlic to the chopped parsley and stir well.
4. Pour in the olive oil and the zest of the lemon.
5. Stir to combine and then season to taste.
6. Add a pinch of chilli flakes if you wish and you can add the juice from the lemon if you wish.