

Chimichurri

This is an Argentinean herb sauce, traditionally served with chargrilled grilled meat, but so good to yummy up a pile of steamed veges or any simple week day meal!

- 1/3 cup EVOO (Extra Virgin Olive Oil)
- 1 large clove garlic
- 1 cup fresh parsley leaves and stalks
- 1 cup fresh coriander leaves and stalks
- 1 tablespoon white wine or red wine vinegar – lemo or lime juice is also delish
- 1/4 cup chopped red onion
- 1 tablespoon capers
- 1 teaspoon salt
- Fresh ground black pepper

Chop together in a food processor as briefly as possible to produce a green pesto like consistency. Let sit for 1/2 an hour before using so flavours can blend.

If you have any questions or would like to set up an appointment to discuss your health issues, receive nutritional guidance for you and your family, look into possible food allergies and intolerances, or any other aspect of your health, please contact us (details below).

Parnell Natural Health
532 Parnell Road, Parnell, Auckland
phone 09 300 6066

Heal Clinic
17 Routly Avenue, Pukekohe
phone 021 367 103

meryn@healnaturally.co.nz · www.healnaturally.co.nz

naturopath
heal