



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GREEN SAUCE

Time: 15 minutes

Serves: 10 as a condiment

Ingredients:

1 canned anchovy filet
1 egg yolk
1 clove garlic finely chopped or grated
1 tablespoon fresh lemon juice
¼ teaspoon kosher salt
½ cup extra-virgin olive oil
¼ cup chives – chopped
¼ cup sour cream
2 tablespoons tarragon leaves - chopped

Preparation:

Place the anchovy, egg yolk, garlic, lemon juice and salt in a food processor.

Turn on the processor and slowly drizzle in the olive oil to make an emulsion. Turn off the processor.

Add the chives, sour cream and tarragon leaves. Process until well blended.

Serve as a sauce or dip.

Nutritional Information Per Serving:

Calories: 114
Fat: 12.7g
Carbs: 0.5g
Fibre: 0g
Protein: 0.5g