

ROASTED ONION & GARLIC DRESSING

Time: 1 hour

Serves: 8

Ingredients:

1 head garlic
½ white onion – cut into two wedges
40g lemon juice
4g kosher salt
1g fresh ground black pepper
30g agave syrup or honey
150g grapeseed or other neutral-flavoured oil
Run the blender and drizzle in the oil

Preparation:

Preheat oven to 215C (425F).

Slice 3mm off the top of the garlic head to slightly open each clove. Wrap the garlic head in foil and place on a cookie sheet along with the unwrapped onion. Bake 40 minutes and let cool.

Squeeze the roasted garlic from the cloves into a blender jar and add all other ingredients except the oil.

Run the blender and drizzle in the oil to complete the dressing.

Use immediately or refrigerate for up to a week.

Nutritional Information Per Serving:

Calories: 174
Fat: 19g
Carbs: 2g
Fibre: 0.2g
Protein: 0.2g