



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## CAYENNE BUTTER

**Time: 5 minutes**

**Serves: 8**

### **Ingredients:**

110g unsalted butter (one stick) room temperature  
1 clove garlic - grated or finely chopped  
5g parsley - finely chopped  
3g kosher salt  
1g cayenne pepper

### **Preparation:**

Use a fork to combine all ingredients in a small bowl.

Refrigerate as is, roll in a cylinder in wax paper or place in a mould to shape prior to refrigeration.

### **Nutritional Information Per Serving:**

Calories: 98  
Fat: 11g  
Carbs: 0g  
Fibre: 0g  
Protein: 0.1g