

HERB BUTTER

Time: 10 minutes

Serves: 10

Ingredients:

200g butter - softened
4g kosher salt
2 cloves garlic - finely chopped or grated
2 green onions - finely chopped
5g flat leaf parsley - finely chopped
3g fresh rosemary leaves - finely chopped
3g fresh thyme leaves - finely chopped

Preparation:

Place all ingredients in a small bowl and use a fork to combine.

Place the butter mixture onto a sheet of cling film in the shape of a rough cylinder about three centimetres in diameter. Wrap the film around the butter, twist the ends of the film and spin to form a tightly shaped cylinder.

Refrigerate to harden. Slice off disks to serve.

Nutritional Information Per Serving:

Calories: 72
Fat: 8g
Carbs: 0g
Fibre: 0g
Protein: 0.1g