



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BALSAMIC VINAIGRETTE

Time: 5 minutes

Serves: 8

Ingredients:

100g avocado oil or other neutral-flavoured cold-pressed oil
30g high quality aged balsamic vinegar
2g kosher salt
1 clove garlic - very finely chopped or grated
1g dried oregano
1g dried basil
0.5g fresh ground black pepper

Preparation:

Place all ingredients in a 250ml mason jar and shake to combine.

Nutritional Information Per Serving:

Calories: 109
Fat: 12g
Carbs: 0.7g
Fibre: 0g
Protein: 0g