

# SALSA VERDE

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 Makes 200ml

 Total Time: 10min

 Storage: 7 days in fridge

## Ingredients:

- 2 cloves of garlic
- Half of a red onion
- 10g thyme
- 10g mint
- 10g coriander
- 10g flat leaf parsley
- 10g basil
- 20g of capers
- 10ml of apple cider vinegar
- 1 teaspoon of dijon mustard
- 10ml of cold pressed rapeseed oil
- A pinch of Himalayan pink sea salt
- A pinch of ground black pepper
- 100ml of water

Equipment needed: Chopping board, Chef's knife, Mixing bowl, Blender or food processor, Spoons

## Method:

Finely chop the cloves of garlic

Fine dice the red onion and add to a mixing bowl with the garlic

Add the leaves from the thyme and finely chop all of the rest of the herbs (place them in a nice bundle to chop them fine, add them to the bowl along with the fine chopped capers.

Season with a pinch of salt and pepper then add the apple cider vinegar, rapeseed oil, water and dijon mustard

Place into the blender

Pulse to incorporate all of the ingredients, rather than blend, to achieve the right consistency.

## *Top Tips*

You want to keep a salsa verde fine but not pureed or completely blended smooth. I like it with a nice bit of texture and bite.