

TAHINI AND LIME DRESSING

Jay
Halford

 Makes 200ml

 Total Time: 10min

 Storage: 5-6 days in fridge

Ingredients:

- 80g of tahini
- 10ml of coconut nectar
- 10ml of tamari or soy sauce
- 10ml of apple cider vinegar
- 80ml of water
- 1/3 of a whole red chili
- A thumb size chunk of ginger
- 1 clove of garlic
- The juice of 1 whole lime
- A pinch of Himalayan pink salt
- A pinch of black pepper

Method:

Crush and peel the clove of garlic,

Chop a 1/3 of the chilli

Cut and peel the small chunk of ginger

Add it all to the blender, along with the juice of the whole lime, the tahini, apple cider vinegar, tamari, coconut nectar, water and a pinch of salt and pepper.

Blend the ingredients at a high speed for about 60 seconds to combine

You may need to add a little more water at this stage depending upon the consistency of it and the consistency that you want.

Additions

Add coriander, lemongrass or some fresh herbs for a twist.

Equipment needed: Chopping board, Chef's knife, Blender, Spoon