


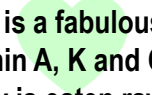
CHIMICHURRI



QUICK

 Less than 10 mins prep time

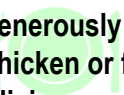
HEALTHY

 Parsley is a fabulous source of Vitamin A, K and C. As the parsley is eaten raw, more Vitamin C is preserved than when it is cooked

FAMILY

 Feeds 6 as a side dish

MEALS

 Serve generously on red meat, chicken or fish as a delicious sauce

INGREDIENTS

- 100g parsley **or** 50g parsley / 50g coriander
- 1 tsp dried oregano
- 4 garlic cloves
- 1 red onion
- ½ red chilli
- 80ml olive oil
- 100ml red wine vinegar
- ½ tsp salt
- 8 grinds black pepper

METHOD

- 1) Finely chop the parsley/coriander and add to a bowl
- 2) Finely dice the red onion – add to the bowl
- 3) De-seed then finely chop the chilli – add to the bowl
- 4) Mince the garlic and add
- 5) Add the oregano, oil and vinegar
- 6) Season, mix well then taste. Adjust to taste
- 7) Serve on your chicken, meat or fish or whatever you like your chimichurri on!



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com