

Chimichurri Sauce Recipe

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Servings: 6

1 cup (one bunch) flat-leaf parsley, tightly packed, thick stems removed

1 cup (one bunch) cilantro, tightly packed, thick stems removed

1 shallot, rough chopped

2 tablespoons fresh

oregano, tightly packed

3 cloves garlic

1/4 cup red wine vinegar

1/2 teaspoon red pepper flakes (to taste)

1 teaspoon Kosher salt

1/4 teaspoon black pepper

1/2 cup extra virgin olive oil

Add the parsley, cilantro, shallot, oregano, garlic, vinegar, red pepper flakes, salt and pepper to a food processor or blender. Pulse a few times until chopped.

Slowly stream in the olive oil while pulsing the mixture a few more times until the olive oil is combined. Scrape down the sides if needed.

Serve immediately or refrigerate in a sealed container.

Per Serving (excluding unknown items): 166 Calories; 18g Fat (95.5% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 315mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.