



#growediblegarden
12 & 13 September 2015
10am to 4pm

Green Sauce

Boil a pot of water and salt.
Remove the stalks from a large bunch of parsley.
Add to boiling water and cook for 2 minutes.
Drain and refresh in iced cold water.

In a blender add 1 tspn Dijon mustard, 1 lemon zested and squeezed, salt and pepper to taste, 2 cloves crushed garlic- blend until smooth add ½ cup oil or until a runny tasty green sauce is created.



Yum, now pour over poached eggs, use as a dressing or eat by the spoonful.

Courtesy of Lucinda at the Little Blackbird Eatery & Catering