

# Chimichurri Sauce

Give It  
A Try

Chimichurri is an Argentine Herb Sauce containing fresh parsley, oregano, garlic, vinegar and olive oil. It is typically served as an accompaniment for grilled meats or proteins, but this flavourful condiment can be used in a variety of ways.



## Did You Know?

Chimichurri Sauce is an excellent way to add flavour to your food without added salt. It is great on flatbreads, pasta, with grilled vegetables or potatoes!



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# Chimichurri Sauce



Makes 4 servings (2 tbsp per serving)



## Ingredients:

- ½ bunch of parsley
- 2 tbsp finely chopped oregano
- 4 cloves crushed garlic
- ½ cup minced onions
- 1 small red chili pepper (seeds, veins and pith removed), finely chopped
- 2 tbsp red wine vinegar
- 1/3 cup olive oil
- Salt and pepper, to taste

## Preparation:

1. Combine all ingredients except oil in a food processor. Pulse mixture until almost smooth.
2. With machine running, slowly add oil through pouring spout. Process until smooth.
3. Serve and Enjoy!

**Nutritional analysis per serving:** 38 calories, 4 g fat, 1 g carbohydrate (1 g available carbohydrate), 20 mg sodium

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