

## Zesty Gremolata

### Ingredients:

- 100g fresh parsley (curly or flat leaf)
- 2 lemons, zested and juiced
- 2 tbl extra-virgin olive oil
- 1 clove garlic
- Pinch salt and pepper
- Optional: fresh or dried chilli flakes for a kick of heat and vitamin C



### Method:

1. Wash the parsley and remove the leaves from the stalks. Finely chop the leaves until they are well minced.
2. Add the chopped parsley to a medium-sized bowl.
3. Grate the garlic and lemon zest, then add them to the parsley.
4. Juice the lemons and add to the parsley with the olive oil and seasonings to taste.
5. Add half a teaspoon of chilli flakes if using.
6. Mix everything well and taste to adjust for seasoning.

*Pro Tip: For a richer gremolata salad dressing, roast a whole head of garlic at 180°C (350°F) for 15-20 minutes until golden and tender. Squeeze out the garlic and mix it with parsley.*

Yield: ± 50g

Prep Time: ± 15 minutes