

## SIMPLE SAUCES



### Chilli, Ginger & Lime

Blend 1 small red chilli (de-seeded) with 1 inch of peeled & grated fresh ginger, a handful of fresh coriander, a squeeze of half a lime & 1-2 (peeled) cloves garlic together in a small blender. Add a drizzle of olive oil if necessary.

*Goes with salads, cooked vegetables, chicken or fish.*



### Tomato & Red Pepper

Blend a couple of jarred roasted red peppers with one or two large fresh, chopped vine tomatoes (or a couple of generous tablespoons of tinned chopped tomatoes), a little fresh or dried basil and a couple of sun-dried tomatoes if you have them to hand. Season to taste.

*Delicious over pasta, over a chicken breast or with fish cakes.*



### Herby Salsa

Add 1 small handful each of mint leaves, fresh basil and fresh parsley, along with a pinch of chilli flakes, 1 peeled clove garlic and 8-10 cherry tomatoes into a small blender, and whizz until smooth (add a drizzle of olive oil if needed to bring it together).

*Goes well with seafood or chicken*



### Preserved Lemon

Chop 2 small preserved lemons, remove any pips and mix with 1 tsp apple cider vinegar, a pinch of sea salt and fresh black pepper, 1 tsp of the preserved lemon juice from the jar and 1 tbsp extra virgin olive oil.

*Lovely over fish or prawns, as a simple zingy salad dressing, or with roasted vegetables.*



### Salsa Verde

Throw a big handful of roughly torn fresh rocket, basil, parsley and coriander (or any combination of these – it is not an exact science) into a small blender. Add a dash of olive oil, a squeeze of lemon, generous pinch of salt and a tablespoon of sunflower seeds or pine nuts.

Blend together, adding a splash of water or more lemon juice if it looks a little dry.

*Wonderful with chickpea salads, fresh fish, chicken or new potatoes.*

### Creamy Tahini

Whisk 2 tbsp tahini with the juice of 1/2 lemon and 1 tbsp soy sauce (or tamari). Then whisk in just enough cold water to reach a pouring consistency.

*Delicious with salads, lamb, falafels or chicken breast.*