



Brookdale  
HEALTH HYDRO



## Chimichurri Sauce

1 cup extra virgin olive oil

2 tsp sherry wine vinegar

2 Tbsp lemon juice

¼ cup basil leaves

1 Tbsp garlic, crushed

2 Tbsp shallots, chopped

¾ cup fresh origanum

1 cup flat leaf parsley

1 red chilli, deseeded  
& finely sliced

Himalayan rock salt  
& ground black pepper

### SERVE

AT ROOM  
TEMPERATURE:

Spooned over steak  
of your choice

As a marinade

Added to a basic  
salad dressing  
or mayonnaise

As a spread on an  
open sandwich or  
wholewheat wrap

In the bowl of a food processor, combine all the ingredients. Pulse until blended. Take care not to over blend. Season to taste. Bottle chimichurri sauce. Keeps in the fridge for 3 – 4 weeks.

MAKES ±1½ CUPS



This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at [www.brookdale.co.za](http://www.brookdale.co.za)