



DINNER ACCOMPANIMENTS

Vinaigrette Salad Dressing

Makes 8 servings (contains
approximately 65 kcal in each 1
tablespoon serving)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

1 small garlic clove
2 tablespoons balsamic vinegar (30g)
50ml rapeseed oil (cold-pressed for a
stronger flavour)
1 tablespoon wholegrain mustard (15g)
1 teaspoon honey (5g)
1 teaspoon snipped fresh chives (5g)
salt (optional) and freshly ground black
pepper

Method

Use a garlic wcrusher to crush the garlic or the fine side of a box grater if you find that easier. Put into a screw-topped jar (an old washed out jam jar is perfect). Add the balsamic vinegar, oil, mustard, honey and chives to the jar and season lightly with salt (optional) and add plenty of freshly ground black pepper. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge and use as required.