



# Chimichurri Sauce

Pesto's Argentinian Cousin. Bold, Vibrant and With A Spicy Latin Punch

Chimichurri is one of those sauces that once you have it, you'll never forget it. Think of it like an Italian Pesto. A pesto that left its family and ran away to South America to join a violent street gang. Where Pesto is loaded with tons of fresh basil and parmesan, chimichurri is loaded with cilantro, parsley, lemon juice, vinegar and a good amount of heat from red pepper flakes. I'm making it healthier, by using a mixture of olive oil and water.

### Ingredients:

- 2 cups fresh flat leaf (Italian) parsley, chopped, packed
- 2 cups fresh cilantro, chopped, packed
- 3 Tbsp capers, drained
- 4 medium garlic cloves
- 2 Tbsp red onion, finely diced
- 5 Tbsp red wine vinegar
- 3 Tbsp lime juice (or lemon, your preference)
- 1/2 tsp salt (or more, to taste)
- 1/8 to 1/4 red pepper flakes, to taste
- 1/4 tsp cracked black pepper
- 1/2 tsp fresh oregano (or 1/8 tsp dried)
- 2 Tbsp PLUS 1-1/2 tsp 'robust' olive oil (see notes)
- 6 second spray, olive oil cooking spray
- 1 cup room temperature water

### Servings:

Yields: 2-1/4 cups  
Servings: 9  
Serving Size: 1/4 cup



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- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.

### Directions:

1. Place all of the ingredients into a food processor. Spray the olive oil cooking spray into the processor, over the ingredients, then close the lid.
2. Pulse the food processor, to begin breaking down the leafy herbs. While pulsing, drizzle in the olive oil. Rememer, we don't want PUREE, we want it broken down.
3. Set aside, in the refrigerator and let the flavors meld for at least 1-2 hours.

### NOTE:

- Because my recipe uses such a small amount of olive oil, I'd suggest buying regular olive oil, not extra virgin. Get one that says 'robust', 'extra flavorful', or an equivalent phrase denoting a strong flavor.
- Thogh the flavors taste more mellow/developed after 1-2 hours, the longer it sits the better.

