

## Green Sauce

**Prep time: 10 min**

**Ingredients** (for about 1 ½ cups of sauce)

- 1/2 c. olive oil (or another neutral oil if you don't want to taste the olive oil flavor — avocado would work well)
- 1/4 c. apple cider vinegar (you could also use something like a red wine vinegar)
- 2 large, or 3 small cloves garlic, peeled and trimmed (if you don't love garlic, start with one and add more if you need)
- 1 bunch of cilantro, chopped roughly, leaves and small stems
- 1 bunch of parsley, chopped roughly, leaves and small stems
- salt and pepper to taste
- (optional) red pepper flakes

### **Directions:**

If you've got a food processor you can just chuck everything in there and blitz it until it's smooth. If you are using a regular blender, or a stick blender with a wide mouthed Mason jar (my preference) you'll want to go in a certain order.

Start by pouring the olive oil and vinegar into the bottom of the jar, then add garlic cloves and about a 1/4 of the leafy greens. Blend until smooth, then continue to add the rest of the green herbs gradually. Two bunches of fresh herbs will condense into less than half a quart jar's worth of sauce, but you'll have to be patient and blend them well.