

Italian Salsa Verde

Swick

Makes 1 cups | Active Time: 5 minutes | Total Time: 5 minutes

Step 1: Preparing the Salsa

- 1/4 cup Italian flat leaf parsley (approx. 1/2 bunch)
- 1 clove garlic
- 1/2 cup quality extra-virgin olive oil
- 1/4 tsp sea salt (or to taste)

To prepare the salsa verde, first clean and dry the parsley. Remove the leaves from the stem (save the stems for making stock) and finely chop. Place into a bowl. Next, mince the garlic. Add to the parsley, along with the olive oil. Mix to combine. Season with the salt to taste. Set aside.

Note: The salsa verde can be prepared a few hours in advance.

Step 2: Optional Additional Ingredients

- 1/2 tsp crushed red chili flakes
- 3 to 4 tbsp lemon juice
- 1 tsp grated lemon zest
- 1 tbsp capers

For added kick and flavor, additional ingredients such as chili flakes, lemon juice, lemon zest, capers and/or anchovies can be added to this simple salsa.

Any or all of these can be folded once you have made the salsa.

If adding additional ingredients and making ahead of time, the salsa should be refrigerated. To serve, bring to room temperature first for better flavor.