



Parsly dressing

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Ingredients

- 100 ml Olive oil
- 30 g Italian parsley
- 2 ml dried crushed red chillies
- 2 ml ground black pepper
- Juice of halve a lemon
- Pinch of Salt

Method

- Place all ingredient in food Prosser and let run until parsley is fine.
- Drizzle over vegetables or use as salad dressing.

Can be made and store in refrigerator up to 5 days