



'Use Up Everything Green' Salsa Verde

Recipe by Sam Bray & Eat Well Tasmania

This is a simple way to use your odds and ends in the fridge and garden or when you need a last minute sauce for your BBQ. Get creative and follow your instincts.



1 medium jar



15 minutes

INGREDIENTS

2 cups(ish) leafy herbs/weeds/greens

Scour your garden and fridge drawers for any softer herbs or weeds that might work: floppy parsley, yellowing coriander, carrot tops, chickweed, fennel tops, dandelion leaves...

1 lemon, juiced and zested

If you don't have lemons on hand, sub it out for anything zingy: leftover pickle juice, any vinegars you might have in the cupboard, the random jar of salad dressing from last week... taste them all and get creative!

½ cup(ish) olive oil

Extra virgin olive oil will be the most delicious, but any oil will work: leftover oil from a jar of olives, the oil from a jar of marinated feta, canola oil, oil from the anchovy jar...

2 tablespoons(ish) capers

Capers are great, but you could replace with anything punchy, salty and umami: pickled jalapenos, anchovies, green olives, mustard, fish sauce, a few splashes of hot sauce...

2 cloves garlic, smashed with the side of a knife

Garlic is pretty essential, and two cloves is pretty tame. Go crazy if you like it punchy!

Salt and Pepper to taste

DIRECTIONS

1. Wash the greens, and soak in cold water if they are really limp. Pick out any bits that are brown and slimy. The cold water will bring limp herbs back to life.
2. Chop the herbs roughly so they will blend well, and chop the softer herbs stems as fine as you can so they aren't too fibrous.
3. Pack the greens into a blender (or use a stick blender, or hand chop it all if you don't have a blender).
4. Add the remaining ingredients and blend into a rough paste with a decent pinch of salt and pepper. Add a little water if it's having trouble blending.
5. Taste it. This is the most important bit if you've used weird and wonderful ingredients from the fridge! You want it to be bright, zingy and herby. Adjust the salt and pepper until the flavours really pop.

Serve it with anything off the BBQ, a roast chook, grilled veggies; or add more lemon and olive oil to turn it into a great summery salad dressing.



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