



Fructose Friendly Tartare Sauce

Ingredients

- 1 handful of flat-leaf parsley
- pinch of fresh dill
- 60 g pickled gherkins
- 2 tsp capers drained
- 1 egg
- 3 g lemon juice
- 1 tsp dijon mustard
- 125g extra virgin olive oil
- sea salt to taste

Directions

- Add parsley and dill into a blender and mix on high for 10 seconds.
- Add gherkins and capers and blend on medium speed for another 10 seconds. Set aside.
- Whisk egg yolk in a small bowl then add to blender. Add the Lemon juice and mustard. Blend on high for 1 minute.
- Blend for another 3 minutes, and slowly add the olive oil over time.
- Add the reserved herb mixture back into the blender and blend for another 5-10 seconds until combined.
- Have a taste and add extra salt or lemon juice if needed.

NOTE:

It can be stored in a sterilised jar in the fridge for 1-2 weeks.