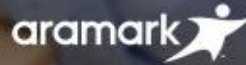


TRANSFORMING THE

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EXPERIENCE

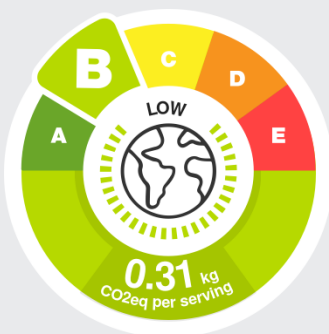


## Parsley & Mustard Sauce



Serves 40 // Preparation/Cooking time: 20 mins

### Carbon score



### Nutrition Information per portion

Energy: 248 kcal

Sugars: 4.1g

Fat: 16g

Fibre: 1.6g

Saturated Fat: 9.6g

Protein: 5.3g

Carbohydrate: 19g

Salt: 0.22g



# Parsley & Mustard Sauce

## INGREDIENTS

- 800g Plain Flour
- 3 Litres Milk
- 600g Butter
- 1 Small Onion (Peeled)
- 6 Cloves
- 2 Thyme Sprigs (Washed)
- 300g Dijon Mustard
- 70g Flat Parsley (Washed)

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## METHOD

1. Stud the peeled onion with the cloves and place in a pot with the milk & the thyme sprigs, bring to boil and simmer gently.
2. Melt butter in another pot and add the flour creating a roux.
3. Cook out the flour for 2 minutes, then gradually ladle in the simmered milk.
4. Add all the milk in until sauce becomes smooth.
5. Chop the parsley and add with the mustard to the sauce.
6. Mix well and taste.

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## Serving Tips/Suggestions

1. Blend parsley in to give a vibrant green sauce.
2. Do not boil sauce when mustard is put in – it may split