

TRANSFORMING THE

Healthcare

EXPERIENCE

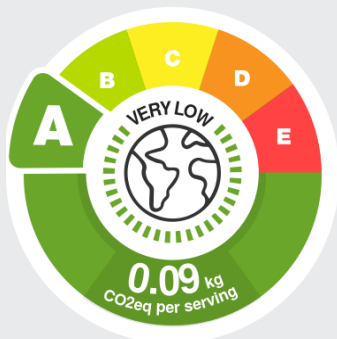


Rosemary, Pickled Peppercorn & Red Pepper Dressing



Serves 20 // Preparation/Cooking time: 20 mins

Carbon score



Nutrition Information per portion

Energy: 388 kcal

Sugars: 12g

Fat: 36g

Fibre: 1.4g

Saturated Fat: 2.5g

Protein: 4.1g

Carbohydrate: 13g

Salt: 0.42g



Rosemary, Pickled Peppercorn & Red Pepper Dressing

INGREDIENTS

- 40g Rosemary (Washed and Picked)
- 100g Green Peppercorns (Pickled)
- 2 Red Bell Peppers
- 2 Large Shallots (Finely Diced)
- 700ml Irish Rapeseed Oil
- 200ml Cider Vinegar
- 1 Lemon (Juice & Zest)
- 150g Dijon Mustard
- 200g Honey
- Salt & Pepper

METHOD

1. Place peppers in a hot oven and roast for 15 minutes or until they lose their shape, cover completely with cling film when finished & allow to cool. Remove the skin & all seeds and finely dice.
2. Place mustard, honey, cider vinegar and lemon zest & juice in a bowl and mix.
3. Gradually add the oil slowly allowing it to emulsify.
4. Finely dice the red peppers and add to dressing with peppercorns, rosemary & shallots.
5. Taste and correct acidity & seasoning.

Serving Tips/Suggestions

1. Suitable for most meat salads