LATIN AMERICAN · SAUCE

Classic Argentine Chimichurri

20 min · best left overnight to meld | Makes 10 × 2 tbsp | 151 kcal a portion | Video 6:12 · Hernan Dieguez

Vegan | Paleo | Gluten-free ingredients | No nuts listed

Parsley, garlic and dried oregano in extra virgin olive oil with no sugar: 2 tbsp give about 150 kcal, almost all from olive oil's mostly monounsaturated fat, under 1 g of net carbs and about a third of a day's vitamin K.

Diet notes: Keto (0.9 g net carbs a serve).

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Ingredients 9 · MAKES 10 × 2 TBSP

- [ ] 4 tbsp finely chopped **flat-leaf parsley leaves** (about 1 bunch)
- [ ] 4–5 **garlic** cloves, finely grated (about 2 tbsp)
- [ ] 2 tbsp **dried oregano**
- [ ] 1 tbsp **dried red chilli flakes**
- [ ] 12 tbsp extra **virgin olive oil** (a good one)
- [ ] 4 tbsp **red wine vinegar**
- [ ] **salt**, to taste (about ½ tsp)
- [ ] **freshly ground black pepper**, a couple of grinds
- [ ] 3–4 **dried bay leaves**, broken up (not eaten)

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pick the parsley leaves off the big stems (save the stems for stock) and chop the leaves as finely as you can. Put them in a bowl. 1:39
2. Finely grate the garlic and add it, then the dried oregano and chilli flakes. The cook's ratio is 2 parts parsley to 1 part garlic, the same amount of oregano as garlic, and half as much chilli. 2:46
3. Add the olive oil and vinegar a little at a time (3 parts oil to 1 part vinegar), mixing well, until the sauce is fairly thick. Season with salt and pepper and stir in the broken bay leaves. 3:31
4. Cover and refrigerate, ideally overnight, so the flavours blend and the texture softens. In a hurry, wet the dried herbs and chilli with a little lukewarm water before adding the oil and vinegar. 4:06

> **Tip** Makes about 1¼ cups (our estimate: 10 portions of 2 tbsp). Keeps for weeks in a sealed jar in the fridge; let it come to room temperature so the oil loosens. Spoon over steak, chicken, fish or roast vegetables.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
151 kcal	0.3 g	1.4 g	0.6 g	16 g	120 mg
630 kJ	1% of a day	0.9 g net · 0.1 g sugars	2% of a day	2.3 g saturated	5% of a day
		1% of a day		21% of a day	

Energy from net carbs 2% · protein 1% · fat 97% — fits keto: 0.9 g net carbs, 97% of the energy from fat

High in (20%+ of a day) Vitamin K 32%

Source of (10–19%) Vitamin E 17% · Omega-3 10%

Recipe and video: Hernan Dieguez (@HernanDieguez) on YouTube — youtube.com/watch?v=1tPl6b6E0eE, published 14 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/classic-argentine-chimichurri