

INGREDIENTS:

Large handful each of parsley
and oregano leaves

4 garlic cloves

150ml olive oil

2 tablespoons red or white
wine vinegar

Half teaspoon each:

sea salt, freshly-ground black
pepper and chilli flakes

TIME: 15 mins**SERVING:** 4 people

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Roughly chop the garlic cloves then place on a flat surface with the salt and crush to a paste with the blade of a kitchen knife. Transfer to a bowl with the oil and vinegar and whisk with a fork until combined. Finely chop the parsley and oregano and add to the mix with the pepper and chilli flakes. Leave in a cool place for at least an hour to allow the flavours to develop. Spread two teaspoons on each grilled steak. Can be stored in an airtight jar in the fridge for two weeks.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: