

HEALTHY COOKING

▶ SAMBAL OLEK

SERVING SIZE: 1 TEASPOON

INGREDIENTS

- ▶ 2 cm piece of ginger
- ▶ 2 garlic cloves
- ▶ 6-8 fresh chillies
- ▶ 1 lemongrass root
- ▶ 1 lime, grated rind
- 50ml vinegar (white or apple cider)
- ▶ Pinch of salt



Roughly chop all ingredients (except vinegar and salt) and place into either a mortar and pestle and grind, or into a food processor and blend. Add the paste to a unheated pan; as it heats up add the vinegar and salt. Cook for about 10 minutes, stirring regularly.

Each serving:

Protein: 0g | Carbohydrate: 0g | Butter/Oil: 0ml

NEW IMAGE