



# Olive oil-lemon dressing

5'  
Hands on

150 g  
Portion(s)

1  
Difficulty



## Ingredients

- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 30 g mustard
- 100 g olive oil
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per 100 gr.

555 Calories (kcal)	60.0 Total Fat (g)	8.5 Saturated Fat (g)	2.0 Total Carbs (g)
28%	86%	43%	1%
1.7 Sugars (g)	1.3 Protein (g)	0.0 Fibre (g)	1.9 Sodium (g)
2%	3%	0%	32%

## Method

- In a **bowl** add the lemon zest and juice, the mustard, and mix.
- Pour the olive oil very slowly by whisking constantly. If the mixture thickens too much, then add 2-3 tablespoons water.
- Add salt, pepper, and set aside.