



Tapenade

5 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

- Rinse olives and capers if they are in brine.
- Add all of the ingredients into a food processor, apart from the lemon juice and olive oil. Process until the mixture turns into a paste.
- You can make the paste as smooth as you prefer. The longer you process it the smoother it will be.
- Use a spoon to transfer mixture into a bowl. Add the lemon juice and olive oil and mix. Season with salt and pepper, lightly.
- Taste the tapenade and adjust seasoning, lemon juice and olive oil according to your taste.
- Before serving, you can toast some slices of bread in the oven. When golden, remove from oven, drizzle them with some olive oil and spread with tapenade.
- Serve with tomato slices (optional).

Ingredients

- 200 g olives, Kalamon, pits removed
- 3 tablespoon(s) capers, rinsed
- 3 salt-cured anchovies, fillets, strained
- 1 clove(s) of garlic, minced
- 1/2 tablespoon(s) thyme, fresh leaves
- 4 sprig(s) parsley
- lemon juice, of 1/2 lemon
- 5-6 tablespoon(s) olive oil, +extra for serving
- slices bread, for serving
- tomatoes, ripe, cut into slices, for serving

Διατροφικός πίνακας

Nutrition information per portion

203 Calories (kcal)	21.4 Total Fat (g)	3.1 Saturated Fat (g)	0.24 Total Carbs (g)
10%	31%	16%	0%
0.11 Sugars (g)	1.2 Protein (g)	2.1 Fibre (g)	2.4 Sodium (g)
0%	2%	8%	40%