



Homemade vinaigrette sauce

5 minutes

Hands on

1 jar (400 g)

Portion(s)

1

Difficulty



Ingredients

- 1 tablespoon mustard
- 1 tablespoon honey
- 75 ml white wine vinegar
- salt
- pepper
- 100 ml olive oil
- 200 ml vegetable oil

To serve

- your choice of green salad
- ½ cucumber, thinly sliced
- 1 tomato, roughly chopped
- 1 [ripe avocado, sliced](#)

Method

- In a bowl, whisk together the mustard, honey, white wine vinegar, salt and pepper.
- While whisking, gradually start adding 100 ml of extra virgin olive oil in a slow, steady stream.
- Then, add 200 ml of vegetable oil in the same manner.
- You can only use olive oil if you choose, but it will give the vinaigrette a very intense taste.
- Adding the oil slowly will help the mixture emulsify. If it becomes too thick you can thin it out with by adding some water.
- To serve, prepare a salad of your choosing and add as much vinaigrette as you like.
- Transfer the remaining vinaigrette to a bottle and store in the refrigerator.

Διατροφικός πίνακας

Nutrition information per 100 gr.

275 Calories (kcal)	28.6 Total Fat (g)	5.3 Saturated Fat (g)	2.7 Total Carbs (g)
14%	41%	26%	1%
2.5 Sugars (g)	0.92 Protein (g)	0.93 Fibre (g)	0.23 Sodium (g)
3%	2%	4%	4%