



SUNDRIED TOMATO, OLIVE & CAPER TAPENADE



MINUTES TO PREPARE

3



MAKES

1 jar

INGREDIENTS

10 sundried tomatoes
22 pitted black olives
3 teaspoons capers, drained and rinsed
3 tablespoons sundried tomato oil
Salt
1/6 lemon
2 large handfuls of fresh oregano

You will need a food processor.

LET'S GET BLITZING

- 1 Place all of the ingredients in to the food processor and blitz to a coarse paste.
- 2 Taste for seasoning and adjust the salt, pepper or lemon juice to your liking. If you are looking to store the jar in the fridge, cover with a little more sundried tomato oil, rapeseed oil or olive oil.

"An effective kitchen should have fun bits and bobs to hand. It means that there is a little jar of 'something' for when you don't really feel like cooking, but you still want to eat healthfully and cook from scratch. So versatile, a jar of tapenade like this can be used to stir through pasta with sauteed courgettes for a quick sauce, used to stuff chicken breasts and wrap then wrap them in pancetta (see recipe), or to simply have as a snack with a cracker and cheese"