



OLIVE TAPENADE

This Olive Tapenade is salty, savoury and smooth and is perfect as a dip, spread on sandwiches or even on pizza. Full of flavour, you'll get hints of lemon, garlic and sun dried tomato. Blitz it in a few minutes in your Mealio® and you have a healthy dip ready to go.

INGREDIENTS

- 2 ½ cups mixed pitted olives such as black, kalamata and green
- 2 Tbsp capers, drained
- 2 Tbsp marinated sun dried tomatoes, drained
- 1 Tbsp garlic, chopped
- 1 tsp oregano, dried
- 4 Tbsp fresh parsley leaves, chopped
- 1 Tbsp fresh basil leaves, chopped
- 1 Tbsp lemon juice
- ¼ cup olive oil
- Ground black pepper

SERVES: 4-6

SETTING: PULSE

PREP TIME: 10 MIN

BLEND TIME: 10 MIN

DIRECTIONS

1. Place all ingredients into your Mealio®, starting with the olive oil, lemon juice, olives, capers, tomatoes, garlic, oregano, parsley, basil and black pepper.

2. For a spreadable tapenade, select 'PULSE' and process until a paste is formed, stopping to scrape down the bowl a few times if necessary.

3. Garnish with parsley leaves and olive oil.

Hints & Tips: Store in a covered container in the refrigerator for up to 2 weeks.