



Tapenade

Makes 1 litre – Serves 30

- 2 slices bread**
- 125ml olive oil**
- 1 large onion, roughly chopped**
- 3 garlic cloves, chopped**
- 400g black olives, chopped**
- 6 anchovy fillets**
- 1tbsp capers**
- 1tsp fresh lemon juice**
- sage leaves, to garnish**

To serve

Large cap mushrooms or toasted bread

1 Cut the bread into small bite-sized pieces, fry them in a little olive oil and set aside. Fry the

onion in the remaining olive oil until soft and transparent. Add the garlic and fry for a further minute or two. Set aside.

2 Place all the ingredients in a food processor and pulse for a few seconds until just mixed and still coarse.

3 Place the tapenade in a bowl or jar, pour a thin layer of olive oil over the top and store covered in the fridge until needed. Serve spooned onto large cap mushrooms or spread on toasted bread and garnished with sage leaves.

Fat	6g	Carbs	1g	Energy	61kcal
Protein	1g	Sodium	.3g	Fibre	1g