

Aioli sauce

Recipe recommended by Rebecca Szczypka
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	2664 kj	32%
Energy (kcal)	648 kcal	32%
Fat	70g	100%
of which saturates	10g	50%
Carbohydrate	0.8g	0%
of which sugars	0.5g	1%
Fibre	0.5g	2%
Protein	2.7g	5%
Salt	1.6g	27%

Generated by Nutritics v5.61 May 2022

INGREDIENTS: (makes about 350ml, eq. 22 portions = 98kcal per 15g serving)

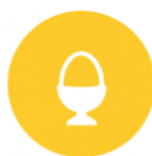
- 1x whole **EGG**
- 1 tsp Dijon **MUSTARD (SULPHITES)**
- 1 garlic clove, minced
- 1tsp flaky salt
- 1 tbsp white wine vinegar/ apple cider vinegar (**SULPHITES**)
- 250ml light olive oil/ canola oil (approximately)
- Splash of cold water

METHOD:

1. Place the egg, mustard, garlic clove, salt, and vinegar into a blender or a jug if using a stick blender.
2. With the power running high, drizzle the oil into the mixture at a slow steady pace. The mixture will become thick and emulsified. It will require loosening up as it gets thicker to avoid it splitting. Add a dash of water to loosen once you've added about 150ml of the oil. Then you should be able to continue adding the oil.
3. You can add more of less oil and water depending on the consistency you like.

Make sure you taste the mayonnaise for seasoning, it tends to need a pinch of salt. The acidity may also need adjusting by adding more vinegar or lemon juice as desired.

ALLERGENS



EGGS



MUSTARD



SULPHITES

MODIFY

This is easily modified by adding different flavours. Try adding parsley, lemon, chili, coriander, mint and other herbs and spices

CREDIT

Recipe by: Rebecca Szczypka
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