

TAHINI MAYONNAISE

2 egg yolks
1 tbsp unhulled tahini
2 tsp honey
2 tsp Dijon mustard
½ tsp sea salt
2 tbsp lemon juice
1 ½ tbsp white wine vinegar, or apple cider vinegar
250ml extra virgin olive oil, or macadamia oil cold pressed

- Add all ingredients except olive oil to a food processor & blitz.
- Whilst processing, slowly add olive oil until mixture forms a creamy consistency
- If too thick add a small amount of warm water.

Serve with slow roasted lamb, roasted root vegetables, baked salmon.

Healthy Bits

Olive oil:
Rich in Omega 3s, antioxidants and vitamin E.
Excellent for heart health.

Macadamia Oil:
85% monounsaturated fat. Olive oil 75%. Helps to rebalance cholesterol.
Perfect ratio of Omega 3s & Omega 6s. Too many Omega 6 leads to inflammation.

Tahini:
High in calcium.
Higher protein than in nuts.