



### **ANCHOVY, OLIVE, CAPER AND HERB TAPENADE**

1 small jar of Anchovies

3/4 cup Capers

3/4 cup Hello Box Olives with pips removed (black or green)

3/4 cup mixed soft herbs (oregano, parsley, thyme, basil etc)

Black pepper freshly ground or crushed

Hello Box Olive Oil to mix to a smooth paste consistency, about a cup

Squeeze of lemon juice just before serving so it doesn't discolour herbs.

#### METHOD:

Put half the ingredients into the blender and blend smoothly.

Chop the other half, so that there is the nice contrast of textures, and mix together.

Taste, if too salty add more lemon juice and oil.