



EASY

WIGGLY TARTARE SAUCE

LEARN · COOK · SHARE



METHOD

Mix all the ingredients in a small bowl and serve straight away or store in the fridge until needed.

INGREDIENTS (serves 4)



200ml/7fl oz Mayonnaise
3 tbsp Capers, drained and chopped
3 tbsp Gherkins, drained and chopped
Small shallot or onion, finely chopped
Squeeze of lemon juice
3 tbsp Chopped fresh parsley
Flaked sea salt and freshly ground black pepper

NUTRITION INFORMATION

per 100g

Energy	1739kJ/423kcal
Fat	45g
of which saturates	3.4g
Carbohydrate	2.4g
of which sugars	2.3g
Protein	1.3g
Salt	0.85g