

1 cup packed fresh flat-leaf parsley, trimmed of thick stems
3-4 garlic cloves
2 Tbsps fresh oregano leaves (can sub 2 teaspoons dried oregano)
1/3 cup extra virgin olive oil
2 tablespoons red or white wine vinegar
1/2 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1/2 teaspoon HeatYourMeat™

Instructions:

 Finely chop the parsley, fresh oregano, and garlic
 (or process in a food processor several pulses). Place in a small bowl.

 Stir in the olive oil, vinegar, salt, pepper, and HeatYourMeat™
 Serve immediately or refrigerate. If chilled, return to room temperature before serving.

