



Vinaigrette Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

SERVES 4

- **4Tbsp** finely chopped shallots
- **1Tbsp** finely chopped parsley
- **2Pinch** salt
- **1Pinch** Black ground pepper
- **2Tsp** yellow mustard
- **3½Tbsp** olive oil
- **5½Tbsp** red wine vinegar
- **2Large** Eggs
- **50g** Pickled cucumber

Instructions

First hard boil the eggs. Drain hot water from pan and run cold water over the eggs. If you crack the egg shells while the eggs are cooling, it will make it easier to peel the shells. Let sit in the cool water a few minutes, changing the water if necessary to keep it cool. Peel the eggs.

Finely chop shallots, parsley, eggs and put them in a bowl. Add salt, pepper, mustard, oil, vinegar and grated cucumbers.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)
WOMAN

Calories 8% RDA,
Protein 11% RDA,
Fats 20% RDA,
Cholesterol 35% RDA,
Carbs 1% RDA,
Sugar 0% RDA,

MAN

Calories 6% RDA,
Protein 8% RDA,
Fats 15% RDA,
Cholesterol 35% RDA,
Carbs 1% RDA,
Sugar 0% RDA.