AMERICAN · SAUCE

Green Goddess Dressing with Tarragon and Chives

10 min · Makes 16 × 2 tbsp · 117 kcal a portion · Video 4:12 · Food Wishes

Pescatarian · Gluten-free ingredients · Nut-free

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A herb-packed creamy dressing with about 1 g of net carbs and under 1 g of sugar a portion; fresh parsley, chives and tarragon carry the flavour, so a little goes a long way on a big bowl of greens.

Diet notes: Keto (0.8 g net carbs a serve).

Ingredients

12 · MAKES 16 × 2 TBSP

- [ ] 220 g **mayonnaise** (homemade or from a jar)
- [ ] 170 g **sour cream**
- [ ] 1 **anchovy fillet**
- [ ] 1 clove **garlic**, roughly chopped
- [ ] a pinch of **cayenne**, to taste
- [ ] **freshly ground black pepper**, to taste
- [ ] a pinch of **salt**, to taste
- [ ] 2 tbsp **fresh lemon juice** (1 large lemon)
- [ ] 1 tbsp **rice vinegar**
- [ ] 20 g chopped fresh flat-leaf (Italian) parsley
- [ ] 10 g chopped **fresh chives**
- [ ] 15 g chopped **fresh tarragon leaves**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the mayonnaise and sour cream in a blender, then add the anchovy fillet and the roughly chopped garlic. 0:42
2. Season with cayenne, black pepper and just a pinch of salt (the anchovy is salty), then add the lemon juice and rice vinegar. 1:17
3. Roughly chop the parsley, chives and tarragon so they blend smoothly and don't wrap around the blade, and add them to the blender. 1:54
4. Blend on high for about 20 seconds, scrape down the sides, then keep blending until completely smooth and bright green. 2:24
5. Taste and adjust the salt and lemon. It should be thick enough to cling to leaves without weighing them down; serve on salad, as a dip, or as a cold sauce for grilled meat or fish. 3:04

> **Tip** Makes about 470 ml; keep it covered in the fridge. Chef John insists on fresh tarragon, and says crème fraîche can stand in for the sour cream. Also great as a dip or with grilled fish.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
117 kcal	0.6 g	0.9 g	0.1 g	12 g	120 mg
490 kJ	1% of a day	0.8 g net · 0.5 g sugars	0% of a day	2.7 g saturated	5% of a day
		0% of a day		16% of a day	

Energy from net carbs 3% · protein 2% · fat 95% — fits keto: 0.8 g net carbs, 95% of the energy from fat

High in (20%+ of a day) Omega-3 61% · Vitamin K 40%

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=xLXWn3mzAeA, published 9 May 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/green-goddess-dressing-tarragon