SPANISH · SAUCE

Mojo Verde (Canarian Coriander and Garlic Sauce)

10 min · Makes 11 × 1 tbsp · 90 kcal a portion · Video 5:50 · Spain on a Fork

Vegan · Gluten-free ingredients · Nut-free

Mostly extra virgin olive oil blended with fresh coriander, garlic and cumin: 1 tbsp has about 90 kcal, nearly all from unsaturated fat, with almost no carbs or salt. Vegan and keto-friendly.

Diet notes: Keto (0.4 g net carbs a serve).

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Ingredients

8 · MAKES 11 × 1 TBSP

- [ ] a small bunch (¾ oz) **fresh coriander** (cilantro), rinsed and patted dry
- [ ] 3 cloves **garlic**, peeled
- [ ] 2 small **dried cayenne peppers**
- [ ] a generous ½ tsp **ground cumin** (1.25 g)
- [ ] 1 tbsp (1 tbsp) **white wine vinegar**
- [ ] ½ cup extra **virgin olive oil**
- [ ] a little **sea salt**
- [ ] **freshly cracked black pepper**

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

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Rinse the coriander and pat it completely dry, then put it in a tall jug (or a food processor) with the peeled garlic cloves and the dried cayenne peppers. 1:35
2. Add the ground cumin, white wine vinegar and olive oil, and season lightly with salt and pepper. 2:20
3. Blend with a stick blender until smooth with no lumps. 2:48
4. Spoon into a serving bowl. In the Canary Islands it goes with papas arrugadas (small potatoes boiled in very salty water until wrinkled), grilled fish or meat. 3:05

> **Tip** Any small dried chillies work for the heat. The video serves it with papas arrugadas for 4; we count about 11 tablespoons of sauce.

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

One portion (1 tbsp) gives you

1 OF 11 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
90 kcal 380 kJ	**0.1** g 0% of a day	**0.5** g 0.4 g net · 0 g sugars 0% of a day	**0.1** g 0% of a day	**10** g 1.4 g saturated 13% of a day	**20** mg 1% of a day

Energy from net carbs 2% · protein 0% · fat 98% — fits keto: 0.4 g net carbs, 98% of the energy from fat

Source of (10–19%) Vitamin E 10% · Vitamin K 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=7xttCBgYUI0, published 1 February 2021. 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/mojo-verde-canarian-coriander-sauce