

Moroccan Chermoula Sauce

Chermoula sauce is an herby Moroccan sauce that can elevate any dish. It's great on roasted cauliflower, as well as chicken, beef, pork, and fish. It's an incredibly flavorful way to infuse concentrated antioxidants into your meal found in fresh herbs and spices.

Prep time: 15 minutes

Makes: ~1 cup or ~4-6 servings

Ingredients

- ¾ cup extra virgin olive oil, plus more to taste
- 1 cup packed cilantro leaves (stems ok)
- 1 cup packed parsley leaves (stems ok)
- Optional: ½ cup packed mint leaves (stems ok) or sub more cilantro/parsley
- ¼ cup pumpkin seeds or hemp seeds
- 2 cloves garlic
- 1 teaspoon lemon zest
- 2-3 tablespoons lemon juice
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ - ½ teaspoon crushed red pepper flakes
- ½ teaspoon sea salt

Steps

1. Place all ingredients in a food processor and process until well combined or until it reaches your desired texture – less time for a more rustic texture or more time for a smoother texture. Taste and adjust seasonings, as desired. For a thinner texture, add a little additional olive oil and/or lemon juice.