Cilantro-Pumpkin Seed Sauce

This cilantro sauce by Bobby Flay is paired with the Sixteen-Spice chicken in his Mesa Grill Cookbook. It could work with a variety of dishes, even as a salad dressing.

2 cloves garlic ½ cup Spinach leaves

1 smallshallots, coarsely chopped½ cupolive oil2 cupspacked cilantro leaves1 Tablespoon honey

½ cup pumpkin seeds (pepitas) 1 pinch salt & pepper to taste

1/4 cup red wine vinegar

Place garlic and shallot in a food processor. Process until finely chopped. Add cilantro, pumpkin seeds, vinegar. spinach and $\frac{1}{2}$ cup of water and process until smooth. With the motor running, slowly add the $\frac{1}{2}$ cup extra-virgin olive oil and blend until emulsified. Add the honey, salt and pepper to taste. The mixture should be a slightly loose sauce consistency. If it is too thick, add water 1 tablespoon a a time. Can be made up to 1 day in advance and refrigerated. Bring to room temperature before serving.

Servings: 12

Preparation Time: 5 minutes Total Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 101 calories, 84 calories from fat, 9.6g total fat, 0mg cholesterol, 45.5mg sodium, 78.3mg potassium, 3.6g carbohydrates, <1g fiber, 1.5g sugar, <1g protein.

Source

Author: Bobby Flay

Source: Mesa Grill Cookbook

