

Jamie Oliver se yogurt Tartare sauce:



6 cornichons(gherkins)
1 tablespoon capers
1 little gem lettuce
250 g fat-free natural yoghurt
 $\frac{1}{4}$ a bunch fresh flat-leaf parsley
1 lemon

Method

Put the cornichons, capers, lettuce and yoghurt into the processor . Tear in the top leafy half of the parsley, squeeze in the lemon juice, then whiz up, season to taste and pour into a bowl .

Marieta Matthews