

# SUPER EASY 30 SECOND MAYO



*Paleo 30 Second Mayo*





*Real Food Mayo: It really does taste this good!*

As you can see Chef Dom is a big fan of home made mayo! Have a go and let us know how you find it :-).

## Super Fast & Easy Mayo



Prep time

3 mins

Cook time

1 min

Total time

4 mins

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Recipe type: Mayonnaise

Type of food: Paleo

Serves: 1 cup

What you need:

- 1 large egg
- 1 cup of avocado or macadamia nut oil (I prefer macadamia now)
- 1 Tbsp freshly squeezed lemon (or lemon juice)
- 1 tsp Dijon mustard
- Pinch of fine grain sea salt

What to do...

1. Chuck all the ingredients except the salt in a tall narrow container\*.
2. Place the head of an immersion blender at the bottom of the container and turn to high speed. As the emulsion forms, carefully lift the blender up so that the emulsion forms evenly. This mixing should take no more than 20 seconds.
3. Season with salt to taste.
4. If you're not going to be using the mayo immediately then cover and store in fridge for up to a week (or potentially another week but check it's still ok after one week).

