The Best Honey Salad Dressing

EASY • 5 MINS

The dressing you'll make once and put on everything for the next two weeks. A balance of rich olive oil, tangy apple cider vinegar, soy sauce, a pinch of chilli and Capilano Pure Honey that works over a salad, on roasted vegetables, or as a marinade when dinner needs a quick win. Blend, taste, refrigerate, repeat.

Recipe by: betterwithspice.com



SKILL LEVEL	PREP TIME	SERVINGS
Easy	5 mins	1.5 cups

Ingredients

- 1 cup extra virgin olive oil

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- ⅓ cup apple cider vinegar
- ¼ cup soy sauce
- 1 tbsp Dijon mustard
- 2 garlic cloves, crushed
- 1 tbsp Capilano Pure Honey
- ½ tsp chilli flakes
- Black pepper, to taste

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

1. Place the olive oil, apple cider vinegar, soy sauce, Dijon mustard, crushed garlic, Capilano Pure Honey and chilli flakes in a large jar with a tight-fitting lid.

2. Seal and shake vigorously for 30 seconds, or until well combined. For an extra smooth, creamy dressing, blend the ingredients in a tall jug with a hand blender instead.

3. Season with black pepper, then taste and adjust to your liking.

4. Store in the sealed jar in the fridge for up to two weeks. Shake well before using.