

# Blue Cheese Butter – just 2 ingredients!



5 minutes



2



Easy



This blue cheese butter is a quick, easy and tasty condiment that goes super well with a thick and juicy BBQ'd beef steak (and maybe a small sneaky glass of red wine), but would also pair equally well with a succulent grilled pork chop, hamburger patties or rissoles and could really take the flavour notch up a level if melted into some cauliflower rice or perhaps some spaghetti squash or konjac noodles.

Make extra portions and pop in the freezer for future use.

## INGREDIENTS

- 30g
- Blue Vein Cheese, at room temperature
- 30g
- Full Fat Butter, softened

## METHOD

1.
- Into a small bowl, add 30g of room temperature blue vein cheese and 30g of softened butter.
2.
- Using a mini spatula or small fork, mix the cheese and butter together till it is smooth and creamy without any lumps.
3.
- You can use it as it is, or you can freeze it to use later. If freezing, I would recommend using some kind of mould and then when it frozen and set hard, transfer to a freezer safe container or resealable bag. The blue cheese butter should keep fine in the freezer for at least 1-2 months.

Nutritional Information	
General average, however, nutritional values may vary depending on the brand of ingredients or cooking technique used.	
Amount Per 1 Serving (2 serves per total recipe)	
Calories	167
Total Fat	17.5g
Total Carbohydrates	0.4g
Dietary Fibre	0g
Net Carb	0.4g
Protein	2.8g

