Feta & Beetroot Dip

Smooth beetroot, feta and Greek yoghurt dip with lemon, garlic and cumin.

Ramekin on a small plate with a serviette.

Contains Dairy - Sesame - Nuts

INGREDIENTS

- 200g Cooked beetroot, cooled and drained
- 150g Feta cheese
- 60g Thick Greek yoghurt
- 15ml Extra-virgin olive oil
- 10ml Fresh lemon juice
- ½ clove garlic
- ¼ tsp Ground cumin
- Pinch of salt
- Black pepper to taste
- Toasted sesame seeds or chopped walnuts for garnish

METHOD

1. Blend the beetroot, feta, yoghurt, olive oil, lemon juice, garlic and cumin until smooth.
2. Season carefully - feta is already salty.
3. Refrigerate for at least 30 minutes and garnish before serving.

EQUIPMENT

- Scale
- Large spoon
- Vegetable knife
- Sealable container
- Bowl