



Herby Pistachio Dip with Garlic Flatbread Dippers

Special Sides | 15-20 Minutes • Veggie

1A



Garlic Clove



Greek Style Flatbreads



Pistachios



Dill



Mint



Greek Style Natural Yoghurt

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl and baking tray.

Ingredients

Ingredients	Quantity
Garlic Clove**	2
Greek Style Flatbreads 13)	4
Pistachios 2)	50g
Dill**	1 bunch
Mint**	1 bunch
Greek Style Natural Yoghurt** 7)	150g

Pantry	Quantity
Olive Oil*	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4812 /1150	1689 /404
Fat (g)	38.7	13.6
Sat. Fat (g)	9.8	3.4
Carbohydrate (g)	99.5	34.9
Sugars (g)	11.6	4.1
Protein (g)	28.8	10.1
Salt (g)	2.48	0.87

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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2



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Bake the Garlic Dippers

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Peel and grate the **garlic** (or use a garlic press). Pop the **garlic** and **olive oil** (see ingredients for amount) into a medium bowl, season with **salt** and **pepper**, then mix together.

c) Cut each **flatbread** in half, then cut each half into 4 triangles. Pop into the bowl of **garlic oil** and mix well to coat.

d) Lay the **triangles** onto a large baking tray in a single layer. When the oven is hot, bake on the top shelf until golden, 8-10 mins. Turn halfway through. **TIP:** Use two baking trays if necessary - keep an eye on them so they don't get too brown.

Make the Pistachio Dip

a) Meanwhile, remove the **pistachios** from their shells, then finely chop.

b) Finely chop the **dill** (stalks and all).

c) Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

d) Pop the **pistachios**, **herbs** and **yoghurt** into a bowl and season with **salt** and **pepper**. Mix together. **TIP:** Blend together in a food processor instead if you have one.

Finish and Serve

a) Taste the **dip** and add more **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

b) Serve the **garlic bread dippers** on a large plate with the bowl of **pistachio dip** for dipping.

Enjoy!