



# Herby Pistachio Dip with Garlic Flatbread

Perfect for sharing | Serves 2-4

Special Sides 20 Minutes

Nº 1A



Greek Flatbreads



Garlic Clove



Pistachios



Dill



Mint



Greek Yoghurt

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Bowl, Baking Tray.

## Ingredients

	Quantity
Greek Flatbreads <b>7) 13)</b>	4
Garlic Clove	2
Olive Oil*	3 tbsps
Pistachios <b>2)</b>	50g
Dill**	1 bunch
Mint**	1 bunch
Greek Yoghurt <b>7)**</b>	150g

*\*Not Included \*\*Store in the Fridge*

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>285g</b>	<b>100g</b>
Energy (kJ/kcal)	3369 / 805	1182 / 282
Fat (g)	38	13
Sat. Fat (g)	9	3
Carbohydrate (g)	97	34
Sugars (g)	5	2
Protein (g)	20	7
Salt (g)	2.40	0.84

*Nutrition for uncooked ingredients based on 2 person recipe.*

## Allergens

**2) Nut 7) Milk 13) Gluten**

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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**HelloFresh UK**

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



## Bake the Bread

- Preheat your oven to 200°C. Cut each **flatbread** in half, then cut 4 **triangles** from each half.
- Peel and grate the **garlic** (or use a garlic press). Pop the **garlic** into a medium bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together.
- Pop the **triangles** into the bowl. Mix well to combine and place the **triangles** in a single layer onto a large baking tray. **TIP:** Use 2 trays if you need to.
- Bake on the top shelf of your oven until golden, 8-10 mins. Turn halfway. **TIP:** Keep an eye on them to make sure they don't burn.

2



## Make the Dip

- Meanwhile, remove the shells from the **pistachios** (discard the shells).
- Finely chop the **pistachios**.
- Discard any woody bits, then finely chop the **dill**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).
- Pop the **pistachios**, **mint**, **dill** and **Greek yoghurt** into a bowl. Season with **salt** and **pepper**, mix together. **TIP:** Alternatively, you could just pop the shelled pistachios, dill, mint and yoghurt in a food processor and blend until combined.

3



## Finish and Serve

- Taste the **dip** and add more **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash more water if the dip looks too thick.
- Serve the **garlic bread dippers** on a large plate with the **pistachio dip** in a bowl in the middle for dipping.

**Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.