

Winning Walnut Dip

Gluten free
Contains nuts



Serves

4-6

Cooking time



Add to Lamb Koftas or serve with vegetable sticks and rice crackers



Ingredients

- ¼ cup walnuts*
- 1 clove garlic
- 1 lemon
- 1 cup reduced fat Greek yoghurt
- 1 teaspoon dried dill or small bunch of fresh mint

Equipment

- Chopping board
- Knife
- Small bowl
- Spoon
- Grater
- Cup measures
- Spoon measures

*Contains nuts



How to make it



1. Finely chop walnuts.



2. Finely chop garlic and mint (if using). Grate lemon rind.



3. Add walnuts, garlic, dill or mint, lemon rind and yoghurt to a bowl and mix well.



nom!

