



## MIXER'S TASTY DIPS FROM AROUND THE WORLD

### EQUIPMENT

- knife • chopping board • small saucepan •
- fork • wooden spoon • tablespoon •
- teaspoon • bowls • plates • mixing bowl •
- food processor • grater •

### TZATZIKI DIP (GREECE)



**SERVES 4**

### INGREDIENTS

- $\frac{1}{4}$  cucumber, coarsely grated
- Small handful fresh mint, chopped
- 1 spring onion, chopped
- 300ml low-fat Greek-style yoghurt
- $\frac{1}{2}$  lemon, juice only
- Freshly ground black pepper, to taste

In a bowl, mix together all of the ingredients. Season to taste.

Serve with raw vegetable sticks to make this snack one of your 5 A DAY.

Tzatziki (pronounced sat-see-kee) is a Greek dip of yoghurt and cucumber.

Yoghurt and cucumber dip is eaten in lots of countries under different names, such as raita in South Asian countries and cacik in Turkey.



### PINEAPPLE DIP (POLYNESIA)

### INGREDIENTS

- $\frac{1}{2}$  green pepper, roughly chopped
- $\frac{1}{2}$  small onion, peeled and roughly chopped
- 150g low-fat cream cheese
- 1 x 230g can pineapple chunks or slices, drained
- 30g pecan nuts

Put all the ingredients in a food processor and blend them.

That's it! Transfer to a bowl and serve cold.

**SERVES 4**



# TASTY DIPS FROM AROUND THE WORLD

## BROAD BEAN DIP (MOROCCO)

### INGREDIENTS

- 1 x 400g can broad beans (canned in water with no added salt), drained
- 2 cloves garlic, peeled and left whole
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon water
- $\frac{1}{4}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon mild paprika

Put the broad beans, garlic, olive oil and lemon juice in a food processor and blend them well until combined.

Being careful of the blade from the food processor, transfer the mixture to a saucepan and stir in the water, cumin and paprika.

Over a medium heat, heat the dip in the saucepan for 3–5 minutes. Serve warm with warm pita breads.

**SERVES 4**



## Red Lentil Dip (INDIA)



**SERVES 4**

### INGREDIENTS

- 120g dried red lentils, rinsed
- 250ml water
- $\frac{1}{2}$  tablespoon olive oil
- 1 garlic clove, peeled and finely diced
- $\frac{1}{2}$  teaspoon mild paprika
- $\frac{1}{2}$  teaspoon ground cumin

Ask an adult to help you cook the lentils by putting the lentils and water in a saucepan over a medium heat and bringing the lentils to the boil.

Once boiling, cook the lentils on a low heat for about 15 minutes until they are soft.

Drain the excess water, transferring the lentils in to a bowl. Using the back of a fork, mash the cooked lentils.

Add the oil, garlic and spices to the lentils and mix together with a spoon.

Serve immediately with vegetable sticks so that the dip is still warm.



These delicious dips are quick and fun to make. Enjoy them with some crunchy raw vegetable sticks, wholemeal pita or sliced bread.



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