



Bean and herb dip

Make up a batch and keep it in the fridge to use as a snack or use it in place of mayonnaise or salad cream in your lunchtime pitta bread or wrap. If you like your food hot, simply add some chopped chilli or minced chilli from a jar (they've done all the hard work for you) to spice things up.

Ingredients

- 410g tin cannellini beans, drained and rinsed
- 200ml tub full-fat creme fraiche
- 2 TBS olive oil
- 1 garlic clove, crushed
- Juice of 1/2 a lemon
- Small bunch of coriander
- Extra virgin olive oil
- Wedge of lime to garnish



Raw Vegetables

- Courgette
- Fennel
- Radicchio
- Baby corn
- Small pak choi leaves
- Radishes
- Baby mushrooms
- Cucumber
- Cherry tomatoes

Method



1. Combine the beans, creme fraiche, olive oil, garlic, lemon juice and coriander in a food processor or blender
2. Season with freshly ground black pepper and whizz
3. Spoon into a serving dish, drizzle with a little extra virgin olive oil, garnish with the wedge of lime and serve
4. Serves with a selection of raw vegetables chopped into cruites - see ingredients list for inspiration

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