Spinach, Garlic and Feta Dip

Type: Dip

Difficulty: Easy

Fresh from the garden: Spinach, garlic

Recipe source: coles.com.au

Equipment:
Garlic crusher
Medium saucepan
Measures
Colander
Knives
Mixing bowl
Peeler
Serving bowls

Ingredients:
1 garlic clove, crushed
150 grams spinach leaves
200 grams Australian Feta, crumbled
1 cup light sour cream
1 teaspoon Worcestershire sauce
Toasted pitta breads for serving

What to do:

Boil 3 cups a water in the medium saucepan.

Add the spinach and blanch for 1 minute until wilted.

Drain and rinse the spinach under cold water in the sink using a colander.

Squeeze out the excess water. Roughly chop.

Add the spinach, crushed garlic, crumbled feta, sour cream and Worcestershire sauce to a mixing bowl. Mix well.

Divide into serving bowls. Serve with seasoned toasted pitta breads or vegetable sticks.