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:**

1. Boil 3 cups of water in the medium saucepan.

2. Add the spinach and blanch for 1 minute until wilted.

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

4. Squeeze out the excess water. Roughly chop.

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

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