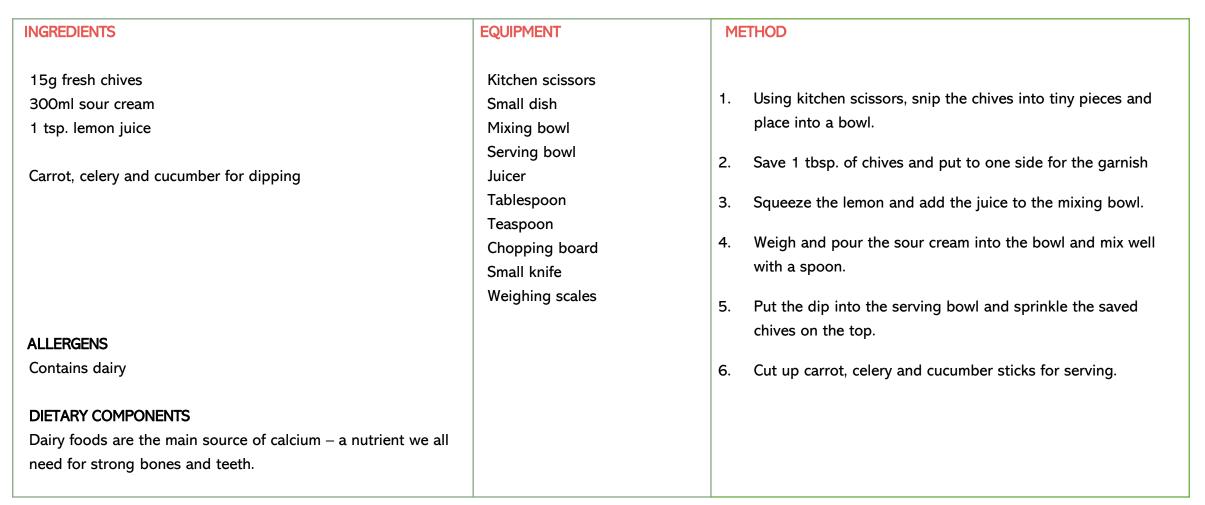


SOUR CREAM & CHIVE DIP – SERVES 4

peppers or even a topping on a jacket potato?

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INGREDIENTS	EQUIPMENT	METHOD
15g fresh chives	Kitchen scissors	
300ml sour cream	Small dish	1. Using kitchen scissors, snip the chives into tiny pieces and
1 tsp. lemon juice	Mixing bowl	place into a bowl.
	Serving bowl	2. Save 1 tbsp. of chives and put to one side for the garnish
Carrot, celery and cucumber for dipping	Juicer	
	Tablespoon	3. Squeeze the lemon and add the juice to the mixing bowl.
	Teaspoon	
	Chopping board	4. Weigh and pour the sour cream into the bowl and mix well
	Small knife	with a spoon.
	Weighing scales	5. Put the dip into the serving bowl and sprinkle the saved
		chives on the top.
ALLERGENS		
Contains dairy		6. Cut up carrot, celery and cucumber sticks for serving.
DIETARY COMPONENTS		
Dairy foods are the main source of calcium – a nutrient w	ve all	
need for strong bones and teeth.		