

Sour Cream and Chive Dip

SERVES 4



This delicious dip is a great to serve with snacks, why not try it with rice cakes, celery, peppers or even a topping on a jacket potato.

INGREDIENTS

15g fresh chives
300ml sour cream
1 tsp. lemon juice

Carrot, celery and cucumber for dipping

ALLERGY ADVICE

Contains dairy

DIETARY COMPONENTS

Dairy foods are the main source of calcium – a nutrient we all need for strong bones and teeth.

EQUIPMENT

Kitchen scissors

Small dish

Mixing bowl

Serving bowl

Juicer

Tablespoon

Teaspoon

Chopping board

Small knife

Weighing scales

METHOD

1. Using kitchen scissors snip the chives into tiny pieces and place into a bowl.
2. Save 1 tbsp. of chives and put to one side for garnish
3. Squeeze the lemon and add the juice to the mixing bowl.
4. Weigh and pour the sour cream into the bowl and mix well with a spoon.
5. Put the spoon into the serving bowl and sprinkle the saved chives on the top.
6. Cut up carrot, celery and cucumber sticks for serving.