

Spreads and dips

Delicious spread on bread or crackers or used as a dip with vegetable sticks.

Mackerel Paté

Equipment needed: bowl; fork.

Ingredients:

1 tin mackerel fillets

200g soft cheese

juice of ½ lemon

Mix all the ingredients with a fork until really smooth.

Chick Pea and Red Pepper

Equipment needed: bowl; spoon; tin opener; blender.

1 tin chick peas, drained

1 jar cooked red peppers, drained

150g soft cheese

squeeze of lemon juice

tin opener

spoon

bowl

blender

Put all ingredients in blender and blend until dipping consistency.

Cucumber Dip

Equipment needed: bowl; spoon; grater; kitchen scissors/knife; clean tea towel.

250ml/8fl oz natural yoghurt

½ cucumber, grated or finely chopped

large handful mint leaves, chopped

Mix all ingredients together and chill before serving.

Tip: Wrap grated cucumber in a tea towel and squeeze out excess water before mixing.