

CRUNCH TIME

Double Dipping



Serve information: 1 plate with 2 dips

INGREDIENTS – GUACAMOLE:

2 Avocadoes
1 Tomato
1 Lime
1 Garlic clove
Salt
Pepper
2 Tbsp sour cream

INGREDIENTS – TZATZIKI:

300g Natural Greek yoghurt
Half lebanese cucumber
1 garlic clove
Lemon
Bunch mint
Salt

INGREDIENTS – DIPPERS:

1 Carrot, peeled, cut into sticks
1 Celery stalk, cut into sticks
1 Red capsicum, cut into sticks
Lebanese cucumber, cut into slices
1 Wrap, toasted, cut into triangles
100g Corn chips
1 Turkish bread, toasted, cut into strips

EQUIPMENT:

Chopping board
Sharp knife
2 mixing bowls
Several spoons
Fork
Lemon juicer
Garlic crusher
Box grater
2 dip serving bowls
Serving plate



METHOD - GUACAMOLE:

1. To make the Guacamole Dip, cut open the avocado and remove the seed. Scoop out the avocado flesh into a bowl with a spoon. Use a fork to mash the avocado until creamy
2. Deseed and finely chop the tomato
3. Juice the lime and crush the garlic
4. Add chopped tomatoes, lime juice, crushed garlic, salt and pepper and sour cream to the mashed avocado and stir well
5. Spoon dip into a serving bowl

METHOD - TZATZIKI:

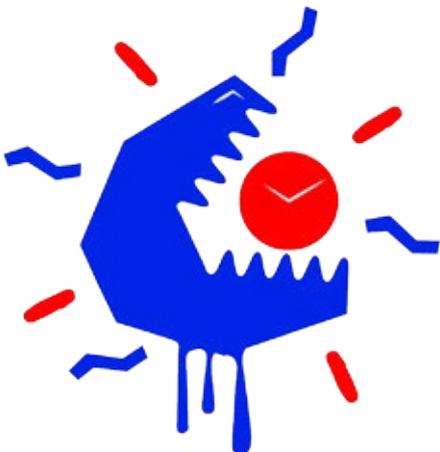
1. To make the Tzatziki Dip, deseed and grate the cucumber
2. Juice the lemon and crush the garlic
3. Chop the mint leaves
4. Mix together all the ingredients
5. Spoon dip into a serving bowl

METHOD - GUACAMOLE:

1. Present the vegetables, chips and Turkish bread on a plate with the dips

ADDITIONAL NOTES:

Peel carrot and cut into sticks. Cut celery into sticks. Cut capsicum into sticks. Cut cucumber in slices
Toast wrap and cut into triangles
Toast Turkish bread and cut into strips



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