

White Bean Garlic Dip



A creamy, spicy new dip made in under 10 minutes – perfect for an appetizer or just a quick snack.

Ingredients

400 g canned cannellini beans, drained and rinsed

1 garlic clove, crushed

1 tbsp plain yoghurt

1 tbsp lemon juice

1 tbsp Community Co extra virgin olive oil

Spicy oil topping:

3 tbsp extra virgin olive oil

1/2 tsp dried chili flakes (optional)

2 small garlic cloves, thinly sliced

1 lemon, zested

1 tbsp parsley, roughly chopped

Method:

1. In a food processor, add the beans (reserving 2 tbsp of beans for garnish), garlic, yoghurt, lemon juice and olive oil. Puree till smooth then season to taste.
2. Combine olive oil, chilli flakes, garlic in a small pan over medium heat. Cook until fragrant 1-2 minutes then stir in the garlic, lemon zest and parsley. Cook for 1 minute and remove from heat and cool. Season to taste.
3. Spoon the bean puree onto a serving plate, then drizzle the spicy oil topping and top with reserved whole beans for garnish.