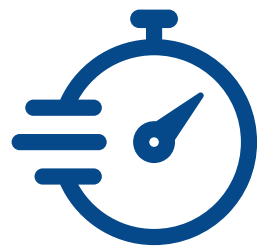


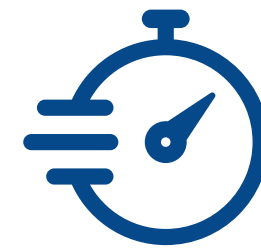
SALMON, LEMON & HORSERADISH DIP



SERVINGS
2



PREP TIME
10 MINS



COOKING TIME
NONE

INGREDIENTS

- 1 x 3.9 oz (110g) can salmon, drained
- 3½ oz cream cheese, approximately ½ cup
- 1 tsp prepared horseradish
- ½ lemon, zest and juice
- 1 tbsp fresh chives or parsley, finely chopped
- Freshly ground black pepper
- 1 large carrot, cut into sticks
- ½ cucumber, cut into sticks
- 8-10 breadsticks

TOP TIP

Add the horseradish gradually and taste as you go. Different brands vary in strength, so it is easier to add more than to correct a dip that is too hot. A little extra lemon zest at the end also gives the dip a fresher finish.

DIRECTIONS

1. Drain the canned salmon well and place it in a bowl.
2. Add the cream cheese, horseradish, lemon zest and a squeeze of lemon juice.
3. Mash everything together with a fork until combined, leaving a little texture in the salmon.
4. Stir through the chopped chives or parsley and season with freshly ground black pepper.
5. Taste and add a little more lemon juice or horseradish if you prefer a sharper flavor.
6. Spoon the dip into a serving bowl and serve with the carrot sticks, cucumber and breadsticks.

