

Creamy Kale Dip



- **Ingredients:**

- ☐ 1 red capsicum, halved, deseeded
- ☐ 6 garlic cloves, unpeeled
- ☐ 1/2 cup Greek Yoghourt
- ☐ 400g can chickpeas, drained, rinsed
- ☐ 2 teaspoons lemon rind
- ☐ 2 teaspoons lemon juice
- ☐ 1/4 teaspoon dried chilli flakes
- ☐ 1 1/2 cups finely shredded kale
- ☐ 1/4 cup coarsely chopped sunflower seeds, toasted
- ☐ Smoked paprika, to sprinkle
- ☐ 3 Large carrots, peeled

Method:

1. Preheat oven to 220c.
2. Slice capsicum in half, remove seeds. Place capsicum, skin side up, and garlic on a baking tray and roast for 20 minutes.
3. Transfer garlic to a board and roast capsicum a further 5 minutes or until lightly charred. Place capsicum in a bowl and cover with plastic wrap. Set aside for 5 minutes.
4. Discard capsicum skin and membrane. Squeeze flesh from garlic. Place capsicum, garlic flesh, chickpeas, lemon juice, Greek yoghurt and chilli flakes in a small processor. Season with salt and pepper and process until smooth.
5. Wash and pat dry Kale using a clean dry tea towel. Finely chop kale.
6. Add kale (reserving a small amount for the garnish) and process for a few seconds to finely chop kale. Transfer to 5 small serving dishes.
7. Lightly chop sunflower seeds. Place on a baking tray and toast in the oven for about 2minutes. (Keep an eye on them they burn very easily).
8. Sprinkle each dip with toasted sunflower seeds, smoked paprika, lemon rind and reserved kale. Serve with thinly sliced carrot sticks.