

# SPINACH AND GARLIC DIP

## INGREDIENTS:

1 Garlic clove

Spinach leaves from our garden

½ cup sour cream

1tsp Worcestershire sauce

## METHOD:

1. Bring a large saucepan of water to the boil.
2. Add garlic and simmer for 1min.
3. Add spinach and blanch for 1min.
4. Drain and rinse under cold water.
5. Remove garlic and finely chop.
6. Drain spinach again, squeeze out excess water.
7. Chop spinach and place spinach in a bowl with the garlic.
8. Add sour cream and the Worcestershire sauce.
9. Serve with breads or vegetable sticks.