

Spinach and Garlic Dip

INGREDIENTS:

1 Clove garlic

Spinach leaves

½ cup sour cream

1 tsp Worcestershire sauce

Method:

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