

Roasted garlic & herb dip with asparagus



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Ingredients:

- 1 head garlic
- olive oil spray
- salt and ground black pepper
- 500g carton natural Greek-style yoghurt
- 1 1/3 cups mint leaves, washed, dried and chopped
- 1 bunch chives, finely sliced
- 3 bunches asparagus, trimmed

Health benefits:

Asparagus

Asparagus is an excellent source of folate and is low in kilojoules. It also contains vitamin E, C and beta-carotene (which is converted to vitamin A in the body).

Method:

1. Preheat oven to 200°C. Place whole garlic on a sheet of foil. Spray with oil and season with salt and pepper. Wrap in foil, place onto a baking tray and roast for 30 minutes. Carefully open foil and cool garlic for 10 minutes. Cut garlic in half and squeeze cloves onto a board. Using a fork, mash garlic to a paste.
2. Combine garlic, yoghurt, mint and chives in a medium bowl. Season with salt and pepper to taste. Cover and refrigerate until ready to serve.
3. Bring a deep frying pan of water to the boil over high heat. Add asparagus and cook, uncovered, for 2 minutes or until bright green and just crisp. Drain and refresh under cold water. Pat dry with paper towel. Chill until ready to serve. Serve dip with asparagus.

Serves: 8 as an appetiser

Preparation: 20 minutes

Cooking: 30 minutes



Supplying quality fresh fruit & vegetables



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