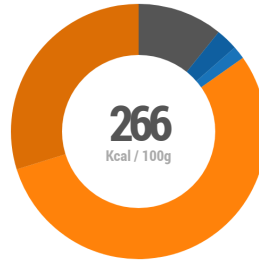


Whipped sour cream and chive with feta, pickled cabbage and toasted nut...

OVERVIEW ...



CALORIES:
4.4% Carbs
10.8% Protein
84.8% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



EGGS



MILK

MAY CONTAIN:



SESAME

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

521115 Yamas Greek Feta Cheese.. - BRAKES

521115 FETA CHEESE

BRAKES **50g**

0.06x Each

unchanged

106727 Brakes Sliced Green Jalapeno Peppers in Brine.. - BRAKES

106727 SLICED GREEN JALAPENO PEPPERS BRAKES

BRAKES **15g**

0.02x Each

N/A

33889 Olive Oil.. - BRAKES

33889 OLIVE OIL BRAKES

BRAKES **10ml**

0.01x Each

unchanged

10146 Sysco Classic Pickled Red Cabbage..

PICKLED RED CABBAGE

BRAKES **25g**

Each

N/A

74817 Pomegranate Seeds..

POMEGRANATE SEEDS

BRAKES **5g**

Each

unchanged

113885 Herb Bunched Coriander (19 Oct 2023)..

HERB BUNCHED CORIANDER FRESH DIRECT

BRAKES **5g**

0.05x Each

N/A

131417 Sysco Classic Black Onion Seeds..

BLACK ONION SEEDS

BRAKES **1g**

N/A

18018 Brakes Pine Kernels..

PINE KERNELS

BRAKES **5g**

unchanged

10844 Sysco Classic Pumpkin Seeds.. - BRAKES

10844 PUMPKIN SEEDS BRAKES

BRAKES **5g**

0.01x Each

unchanged

146291 Sysco Classic Sour Cream & Chive Dip.. - BRAKES

146291 SOUR CREAM & CHIVE DIP

BRAKES **50g**

½ x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 171g / 459kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Chop the coriander
Drain the jalapenos and pickled cabbage

Method:

1. Crumble the feta into a bowl and add the chive sour cream dip - whisk together well.
2. In a pan over a medium heat toast the pine nuts along with the pumpkin seeds and onion seeds.
3. Spoon and spread the feta whip into your chosen bowl.
4. Now add the pickled cabbage and jalapenos
5. Garnish with the olive oil, chopped coriander, pomegranate, and toasted nuts - serve with some grilled pitta bread for dipping.