



Herby Pistachio Dip with Garlic Flatbread

Perfect for sharing | Serves 2-4

Special Sides 20 Minutes

Nº 1A



Greek Flatbreads



Garlic Clove



Pistachios



Dill



Mint



Greek Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Bowl, Baking Tray.

Ingredients

	Quantity
Greek Flatbreads 7) 13)	4
Garlic Clove	2
Olive Oil*	3 tbsps
Pistachios 2)	50g
Dill**	1 bunch
Mint**	1 bunch
Greek Yoghurt 7)**	150g

**Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	285g	100g
Energy (kJ/kcal)	3369 /805	1182 /282
Fat (g)	38	13
Sat. Fat (g)	9	3
Carbohydrate (g)	97	34
Sugars (g)	5	2
Protein (g)	20	7
Salt (g)	2.40	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



1



Bake the Bread

- Preheat your oven to 200°C. Cut each **flatbread** in half, then cut 4 **triangles** from each half.
- Peel and grate the **garlic** (or use a garlic press). Pop the **garlic** into a medium bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together.
- Pop the **triangles** into the bowl. Mix well to combine and place the **triangles** in a single layer onto a large baking tray. **TIP:** Use 2 trays if you need to.
- Bake on the top shelf of your oven until golden, 8-10 mins. Turn halfway. **TIP:** Keep an eye on them to make sure they don't burn.

2



Make the Dip

- Meanwhile, remove the shells from the **pistachios** (discard the shells).
- Finely chop the **pistachios**.
- Discard any woody bits, then finely chop the **dill**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).
- Pop the **pistachios, mint, dill** and **Greek yoghurt** into a bowl. Season with **salt** and **pepper**, mix together. **TIP:** Alternatively, you could just pop the shelled pistachios, dill, mint and yoghurt in a food processor and blend until combined.

3



Finish and Serve

- Taste the **dip** and add more **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash more water if the dip looks too thick.
- Serve the **garlic bread dippers** on a large plate with the **pistachio dip** in a bowl in the middle for dipping.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.