DARE DEVIL DIP

PHUNKY FOODS

Dare you to dip your veg sticks into this spicy red dip made from bbbbbb... beetroot, and just check out the zingy colour!

As this recipes requires the use of a food processor, it's more practical for children to work in teams of four, so the quantities here reflect this. Whilst they may have to share using the food processor, they can all practice their knife skills in preparing their own vegetable sticks!

Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; cut using bridge/ claw technique safely; use a vegetable peeler safely; use a tin opener safely; crush garlic; use a citrus squeezer; use a sieve/colander; use the food processor/blender (with adult supervision).

Equipment: Knife, Chopping Board, Measuring Spoons, Garlic Crusher, Citrus Squeezer, Sieve/ Colander, Tin Opener, Food Processor, Bowl, Spoon.

Allergens*: None

Ingredients (serves 4):

- 400g can chickpeas in water, drained
- 140g (2 small) cooked, peeled beetroot
- 2 small cloves of garlic, crushed
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- Freshly squeezed juice of 1 lemon
- Freshly ground black pepper

Method

1. Put all of the ingredients into a food processor and whizz together until you have a coarse paste.

2. Spoon into a dish and serve with raw vegetables (e.g. cherry tomatoes, cucumber & carrot sticks, pepper sticks) and bread of your choice - especially nice with toasted wholemeal pitta bread cut into fingers.

* *Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use*

DARE DEVIL DIP
Nutrition Information

PHUNKY FOODS

Eatwell Guide

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day

- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible

- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options

- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)

- Choose unsaturated oils and spreads and eat in small amounts

- Drink 6-8 cups/glasses of fluid a day

So, thinking about Dare Devil Dip...

Chickpeas are legumes and like other legumes (beans, peas and lentils) they are packed with protein and fibre. They are also low in calories and fat and contain a number of minerals which are thought to be hugely beneficial to our health.

Beetroot is so good for us! Low in calories and high in fibre and phytochemicals (anthocyanins and saponins) thought to lower the risk of heart disease.

Energy, sugar, fat and salt per serving

Per 108g serving

	ENERGY 521kJ / 124kcal	**6%**
MED	**FAT** 5.1g	**7%**
LOW	**SATURATES** 0.6g	**3%**
LOW	**SUGARS** 3.4g	**4%**
LOW	**SALT** 0.08g	**1%**

% of an adult's reference intake
Typical values per 100g : Energy 482kJ / 115kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.