

# Greek Yoghurt & Spring Onion Dip

Equipment	Ingredients
Chopping board	<ul style="list-style-type: none"><li>• 4–5 spring onions, sliced thinly</li></ul>
Cook's knife	<ul style="list-style-type: none"><li>• 2 tbsp olive oil or butter</li></ul>
Frying pan	<ul style="list-style-type: none"><li>• 1 cup Greek yogurt</li></ul>
Wooden spoon (for stirring)	<ul style="list-style-type: none"><li>• 1 tsp lemon juice</li></ul>
Small mixing bowl	<ul style="list-style-type: none"><li>• Salt and pepper, to taste</li></ul>
Measuring cups	<ul style="list-style-type: none"><li>• 1/2 tsp garlic powder</li></ul>
Measuring spoons	<ul style="list-style-type: none"><li>• paprika for extra flavour</li></ul>
Spatula (for scraping and mixing)	
Serving bowl	

## Method

1. Cut the spring onions into thin pieces
  - Heat olive oil or butter in a pan over medium heat.
  - Add spring onions and cook gently for 3–5 minutes until soft and slightly golden. Stir often.
  - Let them cool slightly before mixing.
2. Mix with cream base
  - In a bowl, combine sour cream (or yogurt) with lemon juice, salt, and pepper.
  - Stir in the cooled fried spring onions.
3. Taste and adjust
  - Add extra salt, pepper, or paprika if desired.
4. Serve
  - Spoon into a bowl and serve with crackers, toasted bread, or vegetable sticks such as carrot sticks.