

# Spinach and ricotta dip

**Difficulty:** Capable cooks

**Type:** Accompaniment

**Allergy advice:** Dairy

**Serves:** 36

**Recipe Source:** adapted from Taste.com.au

**From the garden:**

Silverbeet/spinach/chard

**Season:** Winter/Spring

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Chopping boards and mats</li> <li>• Cooks knives</li> <li>• Large frying pan</li> <li>• Spatula</li> <li>• Clean plate with paper towel</li> <li>• Measuring cups and spoons</li> <li>• Garlic crusher</li> <li>• Large mixing bowl</li> <li>• Wooden spoon</li> <li>• Ramekins with spoons for serving.</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Tbsp olive oil</li> <li>• 1 brown onion, peeled and finely chopped</li> <li>• 2 garlic cloves crushed</li> <li>• 1 large bunch of leafy greens, washed and finely shredded</li> <li>• 500 grams fresh ricotta cheese</li> <li>• ½ cup grated parmesan</li> <li>• 2 Tbsp sour cream</li> <li>• Salt and pepper to taste</li> </ul>

## What to do:

1. Heat oil in a large frying pan over medium heat, add the onion and garlic and cook till translucent.
2. Increase to high heat, add greens and cook for a couple of minutes until they wilt. Remove from heat, allow to cool and drain any excess liquid.
3. Place spinach mixture, ricotta, parmesan and sour cream into a large bowl and blitz with a stick blender until well combined.
4. Season with salt and pepper and serve!