

OVERALL time: 120 mins

A trio of summery dips

Nothing shouts summer quite like al fresco dining. It's time to eat light and fresh. Think crusty breads and plenty of crunchy veggies loaded on a large platter. Serve it up with different dips packed with **Cape Herb & Spice** punch. These dips get only better as they stand, so make them the day before and take the hassle out of summer entertaining.

Metric

Number of servings : 8

ingredients

FOR THE BUTTERBEAN AND ROAST RED PEPPER DIP

- 45 ml olive oil
- 150 g white onions, finely chopped
- 10 ml finely minced garlic
- 2 tins of butterbeans, drained
- 100 g shop-bought bottled roasted red peppers
- 15 ml **Cape Herb and Spice Louisiana Cajun Rub**
- 10 ml olive oil, to garnish
- 15 ml chopped chives, to garnish
- 2 ml **Cape Herb and Spice Louisiana Cajun Rub**

FOR THE CANNELLINI BEAN AND BEETROOT DIP

- 45 ml olive oil
- 150 g white onions, finely chopped
- 10 ml finely minced garlic
- 1 tin of cannellini beans, drained
- 300 g beetroot, cooked, peeled and diced
- 60 ml double cream plain yoghurt
- 15 ml **Cape Herb and Spice Smokehouse BBQ Rub**
- Thinly sliced raw candy-stripe beetroot, to garnish
- Shop-bought crispy onion bits, to garnish

FOR THE SMOKED MACKEREL DIP

- 200 g smoked mackerel, flaked & bones removed

- 230 g tub of medium fat cream cheese
- 7 ml **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 15 ml very finely grated lemon zest
- 25 ml fresh lemon juice
- 60 ml double cream plain yoghurt
- Fresh dill , to garnish
- **Cape Herb and Spice Extra Bold Black Pepper**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 60 mins | COOKING TIME: 60 mins

FOR THE BUTTERBEAN AND ROAST RED PEPPER DIP

Add the onions and olive oil to a non-stick pan and fry gently over low heat until the onions are golden and soft - take care not to brown them or they will become bitter.

Place mixture in a food processor and blitz until smooth. (*Cook's note:* if the mixture is a tad thick for your liking, add 15ml of water.) Spoon the mixture into a serving dish, cover with cling film and place in the fridge until used. Just before you serve, give it a light drizzle of olive oil, dust over a bit more **Cape Herb & Spice Louisiana Cajun Rub** and sprinkle over chopped chives.

FOR THE CANNELLINI BEAN AND BEETROOT DIP

Add the onions and olive oil to a non-stick pan and fry gently over low heat until the onions are golden and soft. Next add the garlic and fry for a further minute. Add the rest of the ingredients and stir through.

Place mixture in a food processor and blitz until smooth. Spoon mixture into a serving dish, cover with cling film and place in the fridge until used. Just before serving, garnish the dip with slices of raw beetroot and a light sprinkling of shop-bought crispy onion bits.

FOR THE SMOKED MACKEREL DIP

Place all the ingredients in a food processor and blitz until smooth. Spoon dip into a serving dish, cover with cling film and place in the fridge until used. To serve, scatter over plenty of dill tips and grind over some **Cape Herb & Spice Black Peppercorns**.

<https://www.capeherb.co.za>

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