

Rocket & Chickpea Dip

Bialik College Kitchen Garden Program



Ingredients:

- 100g rocket leaves
- 400g tin chickpeas drained & rinsed)
- Juice & zest of a lemon
- 50g sunflower seeds
- 1 garlic clove
- 100g parmesan, grated
- 1 tablespoon red wine vinegar
- 1 ½ tablespoons oil

Equipment:

- metric measuring spoons
- juicer
- zester
- food processor
- grater
- spatula
- scales

Method:

1. Place all ingredients except for the oil, into the food processor.
2. Once blended together, slowly add the olive oil.
3. Serve with cut up vegies or pita bread.