

## Chickpea, Mint and Feta Dip

**Serves:** 6

**Prep time:** 10 minutes

**Cook time:** 0 minutes



1 serve per portion

### Ingredients

1 lime

400g can chickpeas, drained and rinsed

Handful of fresh mint leaves

75g feta cheese, reduced fat

Black pepper, to taste

2 tablespoons olive oil

2 cups assorted veggie sticks (eg. carrot, capsicum, cauliflower or cucumber), to serve

Wholemeal pita chips, to serve



Everyday Food

### Method

ZEST half of the lime and juice the whole lime.

ADD lime zest, lime juice, chickpeas, mint, feta and pepper into a food processor and blitz until smooth.

DRIZZLE oil into the mixture slowly while the food processor is running until you reach a smooth consistency.

SERVE with your choice of veggie sticks and wholemeal pita chips.

*Recipe courtesy of the Country Kitchens team*