

Mini Vegetable Crudite Cups with Herb Dip

Servings: 10-12

Prep Time: 20min

Cook Time: 30sec



Ingredients

- 2 small baguettes
- 1 punnet (150 g) mangetout/carrot/baby corn mix
- 100 g cream cheese
- 3 tbsp. (45 ml) mayonnaise
- 3 tbsp. (45 ml) sour cream
- 3 small spring onions; finely sliced and chopped
- Small handful flatleaf parsley; finely chopped
- Small handful fresh dill; finely chopped
- Pinch of salt
- Ground black pepper

Directions

1. Slice the baguettes into 10 cm lengths. Now cut diagonally through each length so that you end up with 2 pieces.
2. Scoop some bread out of each to form a hollow for the herb dip.
3. Blanche the veggies by immersing them in boiling water for 30 sec., then dunk them in an ice bath.
4. In the bowl of an electric mixer, blend together the rest of the ingredients.
5. Cut the carrots and mini corn into 4 thin pieces each, along its length.
6. Cut the mangetout diagonally along its length.
7. Spoon a small amount of herb dip into the hollow of each piece of bread, then use this to anchor your veggies.
8. Serve the remaining dip on the side