



## DIP IN A MINUTE (HERB AND GARLIC DIP) (TM6, TM5, TM31)

⏱ 5 min. ⌚ 5 min. 🌱 easy 📊 320 g Nutritional excluding crackers

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### INGREDIENTS

1 garlic clove  
6 sprigs fresh flat-leaf parsley, leaves only  
2 spring onions/shallots, trimmed, cut into pieces  
250 g cream cheese, cut into pieces  
2 tbsp natural yoghurt or 10-20 g milk (optional)  
fresh chives, chopped, to serve  
vegetable crudités, to serve

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### USEFUL ITEMS

serving bowl

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### THERMOMIX PARTS

measuring cup, spatula

### Preparation

1. Place garlic, parsley and spring onions/shallots into mixing bowl, then chop **3 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
2. Add cream cheese and mix **20-40 sec/speed 4.5** or until all cream cheese is incorporated. Adjust the consistency with yoghurt or milk to achieve your desired consistency. Place in a serving bowl. Sprinkle dip with chives and serve with crudités (see Tips).

### TIPS

- If not serving dip immediately, place in an airtight container and store in the fridge for up to 1 week. Remove from the fridge 10 minutes before serving to soften then stir.
- Top the dip with chopped chives and serve it with asparagus, baby cucumbers, sugar snap peas, watermelon, radishes and crackers, or your choice of accompaniments.