

# Dips and dippers

## Ingredients\*

Cucumber  
Handful cherry tomatoes  
Peppers  
Babycorn  
Sugar snap peas  
Mushrooms  
Beetroot  
Courgette  
Celery

***For the dip:*** 1 tub garlic and herb soft cheese + 3  
tbsp. low sugar tomato ketchup + 1 spring onion

## Equipment

Knives  
Chopping boards  
Plates  
Jug  
Measuring spoon  
Mixing spoon

## Method

1. Prepare all the vegetables into small but chunky pieces (so we can dip them!) using the bridge and claw knife techniques.
2. Present them on plates attractively (so they look nice).
3. Scoop the soft cheese out of the tub and into the jug and add 3 tbsp. tomato ketchup as well as finely chopped spring onion.
4. Mix well until it is a light pink colour, spoon this into small bowls.
5. Spread the plates/dip bowls around the table and tuck in to all your delicious rainbow vegetables!

***\*How much you use depends on how hungry you are!***