



Pkhali Style Spinach, Walnut & Pomegranate Dip with Flatbreads and Lemon

A Taste of Georgia

20-25 Minutes • 2 of your 5 a day • Veggie

3A

Find all your unchilled Market items in bag A.



Onion



Lemon



Pomegranate



Baby Spinach



Cream Cheese



Walnuts



Greek Style Flatbreads



Pkhali is a traditional Georgian dip that consists of blended walnuts and fresh vegetables, usually spinach. Here, we've used lemon juice to add acidity and balance the richness of the blended walnuts. Serve with fresh, sweet pomegranate and warm flatbreads for dipping.

Pantry Items

Butter, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Frying pan, kettle, bowl, sieve and blender.

Ingredients

Ingredients	Quantity
Onion	1
Lemon**	1
Pomegranate**	1
Baby Spinach**	150g
Cream Cheese** 7)	100g
Walnuts 2)	40g
Greek Style Flatbreads 13)	4

Pantry	Quantity
Butter*	20g
Sugar for the Onions*	1 tsp
Olive Oil*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	578g 3915 /936	100g 677 /162
Fat (g)	48.8	8.4
Sat. Fat (g)	17.1	3.0
Carbohydrate (g)	95.8	16.6
Sugars (g)	29.7	5.1
Protein (g)	28.1	4.9
Salt (g)	2.08	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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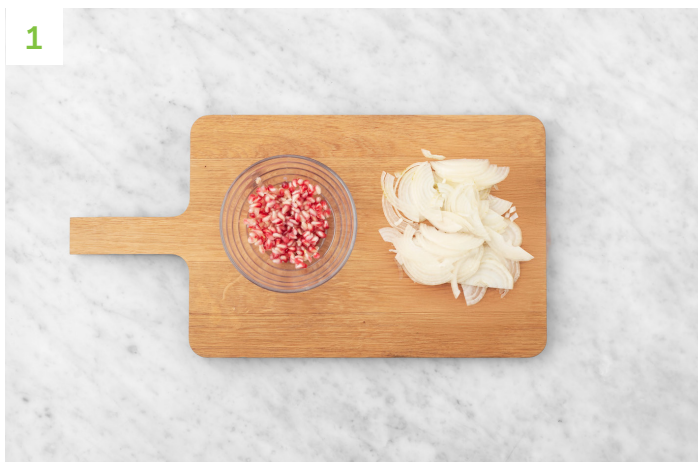
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2



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Get Started

a) If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the flatbreads. Halve, peel and thinly slice the **onion**.

b) Heat the **butter** (see pantry for amount) in a large frying pan on medium heat. Once melted, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Once golden, add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

c) While the **onion** fries, boil a full kettle. Halve the **lemon**.

d) Halve the **pomegranate**. Remove the **seeds** from the white pith and pop the **seeds** into a bowl (discard the pith). **TIP:** Pat the outside of the pomegranate with the back of the spoon to help release the seeds.

Blend It

a) Pop the **spinach** into a sieve in your sink. Pour over the **boiling water** from your kettle until wilted and piping hot. Once wilted, squeeze out all of the excess **water** from the **spinach** with the back of a spoon.

b) If you have a blender, blend the **wilted spinach**, **cream cheese**, **caramelised onion**, **half** the **walnuts**, a good squeeze of **lemon juice** and the **olive oil** (see pantry for amount) until smooth, 1-2 mins. Season with **salt** and **pepper**.

c) If you don't have a blender, add the same **ingredients** to a large bowl and mash with a fork until combined. You may not need as much **olive oil** if you aren't using a blender, so add it to the bowl slowly.

Bake and Serve

a) Place the **flatbreads** on a plate and microwave, 800W: 1 min / 900W: 45 secs / 1000W: 30 secs. If you're using the oven, put the **flatbreads** onto a baking tray and bake on the bottom shelf until warm and starting to turn golden, 3-4 mins.

b) Cut the **warmed flatbreads** into dippers.

c) Spoon the **dip** into a serving bowl. Sprinkle over the **pomegranate seeds** and remaining **walnuts**.

d) Arrange the **flatbread dippers** on a serving platter for dipping and scooping.

Enjoy!