

Here are some delicious and simple dips, you can make in minutes to accompany Rutherford & Meyer's fantastic new Waferbite, bite sized snacks. Recipes courtesy of Simon Holst.

## Pumpkin & Peanut Hummus

### *For about 1 1/2 cups:*

150-200g peeled and cubed pumpkin  
1 large clove garlic  
400g can chickpeas, rinsed and drained  
1/4 teaspoon curry powder  
2 tablespoons peanut butter  
Juice from 1 lemon  
2-3 tablespoons olive oil  
1/2 teaspoon salt  
Water to thin (if required)



- Place the cubed pumpkin in a small microwave bowl, cover and microwave on High (100%) power for two minutes.
- While the pumpkin cooks, place the garlic and chickpeas in a blender or food processor fitted with the metal chopping blade and process until finely chopped.
- Add the pumpkin, curry powder, peanut butter and lemon juice.
- Process until evenly mixed, then add two tablespoons of the oil and ¼ teaspoon of salt.
- Process until very smooth stopping once or twice to scrape down the sides and adding the extra oil and/or water to thin to the desired consistency, if required.
- Taste and add a little extra salt if needed.
- Serve immediately with Waferbites, or transfer to an airtight container and store in the fridge for up to a week.

## Parsley & Pistachio Pesto

### *For about 1 cup:*

1 cup (60g) parsley  
2 cloves garlic  
25g Parmesan cheese, roughly chopped  
1/2 cup (70g) shelled pistachios  
Juice from 1 lemon  
4-6 tablespoons olive oil  
1/4-1/2 teaspoon salt



- Put the parsley, garlic, and Parmesan in a food processor and blend until finely chopped.
- Add the shelled nuts and lemon juice and process until nuts are chopped finely but not to a puree.
- Add 3-4 tablespoons of olive oil and process to make an evenly combined paste, adding more oil if mixture seems too dry.)
- Season with salt to taste.
- Serve with Waferbites as part of an antipasto platter, or store refrigerated in an airtight container until required.

**Note:** It's also delicious mixed with oil and brushed over bread to make delicious bruschetta, or, spooned over grilled chicken or fried fish.

## Creamy Roasted Beetroot & Garlic Dip

### **For 1 -1 1/2 cups:**

200g baby beetroot, trimmed and scrubbed  
3 cloves garlic  
3 tablespoons olive oil  
125g creamy feta  
125g cream cheese  
juice 1 lemon  
1/2-1 teaspoon chopped thyme  
Salt and pepper to taste.



- Preheat the oven to 200°C.
- Line a small oven tray with foil.
- Halve or quarter the beetroot and place them in the tray with the unpeeled garlic.
- Drizzle the vegetables with the oil, then toss to combine.
- Roast for 15 minutes, then remove from the oven and leave to cool.
- Tip cooled beetroot (and the oil) into a food processor.
- Squeeze the garlic from its skins and add this to the beetroot, then process until the beetroot is fairly finely chopped, but not pureed.
- Add the remaining ingredients except salt and pepper, and process until the mixture is smooth but still flecked with beetroot.
- Serve immediately with Waferbites, or transfer to an airtight container and store in the fridge for up to a week.