
SPRING GRAZING BOARD WITH KALE & SUNFLOWER SEED DIP



RSF



20 mins



20



Ingredients

Spring Grazing Board

- *Kale & sunflower seed dip with crudites*
- *Fresh ricotta with broad beans*
- *Fresh ricotta with honeycomb, olive oil & sea salt*
- *Pickled vegetables*
- *Goats cheese with ash*
- *A selection of crackers. I have used oat & hazelnut english biscuits (perfect with the ricotta & honey), rye crackers and charcoal lavosh*

Kale & Sunflower Seed Dip

- *½ bunch curly kale*
- *1 cup sunflower seeds*
- *Juice and zest of 1 lemon*
- *½ cup olive oil*
- *1 cup water*
- *1 tsp flaked sea salt*
- *½ cup extra virgin olive oil*
- *Sea salt flakes*



Method

Spring Grazing Board

1. *Arrange the bits and pieces into small dishes and then place them onto a large serving board.*

Kale & Sunflower Seed Dip

1. *Add all the ingredients into a food processor or blender (I used my NutriBullet) and blend until smooth but still thick.*
2. *Serve as a dip for fresh vegetables, as a salad dressing or pour over freshly steamed vegetables.*

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