



SPRING GRAZING BOARD WITH KALE & SUNFLOWER SEED DIP



RSF



20 mins



20



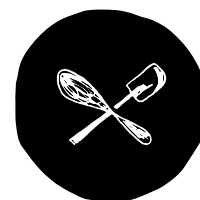
Ingredients

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
- ⅓ cup olive oil
- 1 cup water
- 1 tsp flaked sea salt
- ⅓ 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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