

WHIPPED FETA DIP WITH CANDIED CORN

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COOK TIME: 15mins

SERVES: 4

CALORIES: 296 kcal (PER SERVING)

INGREDIENTS

200 g (7 oz) feta,
at room temperature
70 g (2.5 oz) full fat Greek yogurt,
at room temperature
70 g (2.5 oz) sour cream 15% fat,
at room temperature
3 tbsp olive oil
100 g (3.5 oz) corn kernels
3 tbsp maple syrup
1 tbsp lemon juice
1 tsp red pepper flakes
1 large garlic clove, thinly sliced
salt + black pepper
pita chips, for serving

DIRECTIONS

Heat oil in a skillet over medium high heat. Add corn kernels and cook until golden, about 3 minutes. Add garlic, cook until crispy for about 1 minute. Stir in red pepper flakes, 1/2 teaspoon black pepper and 1/4 teaspoon salt. Pour in maple syrup and add lemon juice, stir to combine. Remove from heat.

Add feta, Greek yogurt and sour cream to a food processor. Season with 1/4 teaspoon salt and 1/2 teaspoon black pepper. Blend on high until smooth, about 2-3 minutes.

Serve the whipped feta topped with candied corn. Sprinkle with some extra freshly ground black pepper and chili flakes.

Enjoy with pita chips, naan or on a veggie platter.

Leftovers can be used as a spread.

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.