SPINACH, TURMERIC AND RAISIN DIP

INGREDIENTS

2 large shallots, finely chopped
2 big tablespoons of sultanas/gold raisins, roughly chopped
1 tablespoon olive oil
¼ teaspoon turmeric
250g spinach leaves
200g thick natural yoghurt
squeeze lemon juice
Sea salt and pepper

METHOD

1. Soak the chopped raisins in warm water for 15 minutes. Then drain
2. heat the oil in a heavy based pan over medium heat, fry the shallots until translucent. Stir in the raisins and turmeric. Fry together for 2-3 minutes. Remove from heat and leave to cool
3. Bring a large pot of salted water to boil and blanch spinach for 20 seconds. Refresh in cold water, then squeeze to extract as much liquid as possible.
4. Chop spinach finely, and mix into yoghurt. Season with salt and pepper and lemon juice.
5. Mix together the spinach mixture with the shallot, raisin and turmeric mixture. Sprinkle some raisins on top and serve immediately.

** Remove yoghurt for dairy free kids