

The SEED Co

A delicious dip, with added goodness of rapeseed oil for a glossy, smooth finish and slightly nutty taste.

Crème Fraîche, Red Pepper and Roquefort Dip with Chives and The Seed Co. Rapeseed Oil



An easy recipe, perfect for dipping hot, roasted baby potatoes with cherry tomatoes, raw veggies, fat prawns or bread sticks. Great, too, tossed into fresh pasta or piled on a crispy jacket potato. Can be made up to two days ahead and left in the fridge, ready for unexpected guests or peckish moments! *Recipe serves 6 for dipping or 2 for jacket potatoes*

YOU'LL NEED:

200ml Crème Fraîche (full fat*)
2 large tablespoons of The Seed Co. Rapeseed Oil
Half a sweet red pepper, de-seeded and chopped as small as you can
50g Roquefort cheese (or your favourite blue cheese), crumbled
Fresh Chives, finely chopped
Juice squeezed from half a lemon
Freshly ground pepper
Sea salt to season (although Roquefort is a naturally salty cheese, so taste first)

METHOD:

Preparation time: 5 minutes!

Spoon the Crème Fraîche into a mixing bowl.
Drizzle in 2 tablespoons of The Seed Co. Rapeseed Oil
Add the finely chopped red pepper and chives, then gently stir together.
Squeeze in the juice from half a lemon then stir in the crumbled Roquefort.
Taste, then adjust the seasoning to your liking.
Optional: Garnish with a little drizzled Rapeseed Oil, crumbled Roquefort, pepper and chives.

*You'll find the Rapeseed Oil loosens the texture of the Crème Fraîche, so we recommend the full fat version.