



HEART-HEALTHY RECIPE

3 dips



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Three delicious dips that are **easy to make** and **perfect** for serving with everything from vegetables to grilled dishes.



Pea & avocado dip

Halve the avocado, remove the stone and scoop the flesh into a blender or food processor. Add the peas, lemon juice, garlic and olive oil, then blend until smooth and creamy. Season to taste with salt and pepper.

Ingredients

Serves 2

Makes approx. 250 g

- 1 avocado
- 100 g frozen peas, thawed
- Juice of ½ lemon
- 1 garlic clove
- 2 tbsp olive oil
- Salt and freshly ground black pepper



Aioli

Whisk together the egg yolk, Dijon mustard and garlic. Gradually whisk in the olive oil until thick and creamy. Season with salt, pepper and lemon juice.

Ingredients

Serves 2

Makes approx. 250 g

- 1 pasteurised egg yolk
- 1 tsp Dijon mustard
- 1 garlic clove, crushed
- 150 ml olive oil
- Salt and freshly ground black pepper
- Juice of ½ lemon



Romesco sauce

Preheat the grill to 250°C.

Halve the peppers, remove the seeds and place them skin-side up on a baking tray lined with baking paper. Grill for 15–20 minutes until the skins are blackened.

Transfer the peppers to a freezer bag, seal and leave to steam for 15 minutes. Peel away the skins.

Blend the peppers with the almonds, garlic, vinegar and olive oil until you have a thick, slightly textured sauce. Season with lemon juice, salt and pepper.

Ingredients

Serves 2

Makes approx. 200 g

- 2 red peppers
- 25 g almonds
- 1 garlic clove
- 1 tbsp vinegar
- 2 tbsp olive oil
- Juice of ½ lemon
- Salt and freshly ground black pepper