

## Sardine dip recipe

### Safety!

Ask an adult to:

- help you open the can because the lid is sharp.

### Ingredients

100g of low fat soft cheese with black pepper  
120g can of sardines in tomato sauce  
1 lemon  
2 spring onions

### Equipment

Sieve, mixing bowl, a 10ml spoon, kitchen scissors, lemon squeezer, small bowl and a serving dish.

### Method

1. Open the can of sardines.
2. Carefully, empty the can into the mixing bowl.
3. Spoon the low fat cream cheese into the mixing bowl.
4. Chop the spring onions finely, with the kitchen scissors, and add to the mixing bowl.
5. Cut the lemon in half and squeeze the lemon juice from one half of the lemon.
6. Then add the juice to the mixing bowl.
7. Mix all the ingredients together thoroughly and serve in the serving dish.

**Serves 2**

### Dipper suggestions

Serve with bread or cucumber sticks.