

# Harissa yoghurt dip & Pitta chips

A quick and easy recipe for a healthy snack that is bursting with flavour

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Serves 6

## Pitta chips ingredients:

6 wholewheat or seedy pitta breads

Extra virgin olive oil

Smoked paprika or sesame seeds (optional)

## Dip ingredients:

250g fat-free plain Greek yoghurt

1½ tsp harissa paste

Zest of ½ lemon

Zest and juice of 1 small mandarin, clementine or satsuma

Small handful of mint, roughly chopped



## Method:

1. Heat an oven or grill to 200°C. Brush the pittas lightly with a little extra virgin olive oil on both sides. Cut the pittas into triangles and place on a baking tray. Sprinkle them with the paprika and sesame seeds (if using) or leave them plain. Grill for 5-7 minutes until golden brown.
2. Place all of the dip ingredients into a medium bowl and mix until blended and pink. Serve with the Pitta chips or vegetable dippers.

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