



Ricotta Dip on Cucumber Boats

SERVES 4

INGREDIENTS

250g low fat ricotta
1 tbs lemon juice
1 garlic clove, crushed
Fresh basil, chopped
1 red chilli, chopped (optional)
Salt and pepper, to season

Cucumber boats

1 medium baby cucumber

METHOD

Ricotta Dip

1. Combine all ingredients and season well.
2. Serve on cucumber slices or aubergine bruschetta.

Cucumber boats

1. Cut the cucumber into 2.5cm slices.
2. Using a melon baller or tsp scoop out the centre of each slice ensuring you leave a base to hold the filling.
3. Fill with ricotta dip.

