

# ARTICHOKE SPINACH FETA DIP



## Ingredients

- 190 g marinated artichoke hearts
- 200 g spinach
- 100 g feta cheese
- Salt, pepper, 1 tbsp lemon juice

Let the artichoke hearts drain out, but keep the oil. Heat 2 tablespoons of oil in a pan and fry the spinach for 3 minutes on low heat. Squeeze the moisture out of the spinach with a spoon.

Crumble the feta. Put feta, artichoke hearts, spinach in the cup mixer and puree it. Season with pepper, salt and lemon juice. Add 1 spoon of artichoke hearts oil to make it smoother. Scoop in the 8 cm JOYN dip bowl. Garnish with the rest of the feta.

# EGGPLANT GARLIC TOMATO DIP



## Ingredients

- 2 eggplants
- 5 tablespoons olive oil
- 1 clove of garlic
- 70 g of tomato brand
- 1 tablespoon Ras el Hanout

Clean the eggplants, then cut into cubes about 2 cm thick. Heat the olive oil in a frying pan and fry the aubergines at high heat. Add the garlic, and cook over a low heat for about 7 minutes.

Place the aubergines in a high container and mix with the blender into a smooth paste. If desired, season with salt, black pepper and lemon juice. Serve cold in the 8 cm JOYN dip bowl.