

Octoblock 8: Hero Dip

What you need:

Bowl

Ice-cube tray

Knife **Grown-ups only**

Blender **Grown-ups only**

Ingredients:

3tbs low fat creme fraiche

250g vacuum packed beetroot

1/2 tsp cumin

Squeeze of lemon juice

Red cabbage

Raddish

Olives

Food for dipping:

Baby cucumber

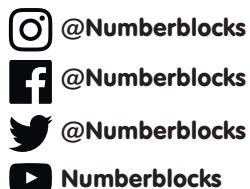
Red pepper

Mangetout

Carrot

Baby sweetcorn

1. Wizz up the beetroot into a paste. Mix in creme fraiche, tsp cumin and lemon juice. Place the mixture into eight cubes of your ice-tray.
2. Grab the red cabbage and cut out the shapes of Eight's mask, legs/arms and mouth.
3. To create the dots on Eight's legs/arms, cut rings out of the addish. Cut two circles from the white to the radish for the white of Eight's eyes. Eye and mouth white.
4. Using a few olives, cut out two circles for Eight's pupils and his 8 numberling.
5. Cut your dipping vegetables into dippable strips and place in the lunchbox.
6. Assemble your Eight and place on top of your dipping vegetables.
7. Ta da! Your Hero Dip is complete!



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LEVEL 2