

OVERALL time: 20 mins

TAPAS 3 WAYS - BUTTER BEAN DIP WITH PITAS

If you're on the hunt for a simple, wholesome snack that's both satisfying and healthy, look no further than butter bean dip paired with warm pita. This delicious combination is perfect for everything from casual get-togethers to a quick midday snack. Butter beans, known for their creamy texture and mild flavor, make the ideal base for a luscious dip that's both filling and nutritious.

Metric

Number of servings : 4

ingredients

For the crispy pita chips

- 4 Pita breads
- To taste **Cape Herb and Spice Louisiana Cajun Rub**
- Olive oil, for brushing

For the butter bean dip

- 400 g Tin of butter beans, drained & rinsed
- 60 ml Tahini
- 15 ml Lemon Juice
- 1 Zest of lemon
- 2 Cloves of garlic, roasted
- 60 ml Olive oil
- 10 ml **Cape Herb and Spice Louisiana Cajun Rub**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 10 mins

For the pita chips:

Preheat the oven to 200°C.

Slice pitas in half and then into thirds to make little triangles.

Brush both sides of the pita lightly with olive oil.

Arrange in a single layer on a baking tray.

Sprinkle with **Cape Herb & Spice Louisiana Cajun Rub**.

Bake pitas for 10 minutes or until crisp and golden brown.

For the dip:

Place all ingredients in a food processor and blend until smooth.

Taste to adjust seasoning.

Scoop into a shallow serving dish.

Surround the dish with the warm pita chips and serve

Top tip for speedy cheat's roasted garlic:

Separate a head of garlic, keeping the individual cloves wrapped up in their skin.

Place in a dry cast iron pan on medium heat and pan roast for a few minutes until the skins are charred. Cover the pan with a lid and continue to cook until the garlic is tender. Peel and use as you would roasted garlic!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |
<http://thesecretlifeofbee.co.za/>

<https://mail.capeherb.co.za>
Metric

ingredients

For the crispy pita chips

- 4 Pita breads
- To taste **Cape Herb and Spice Louisiana Cajun Rub**
- Olive oil, for brushing

For the butter bean dip

- 400 g Tin of butter beans, drained & rinsed
- 60 ml Tahini
- 15 ml Lemon Juice
- 1 Zest of lemon
- 2 Cloves of garlic, roasted
- 60 ml Olive oil

- 10 ml **Cape Herb and Spice Louisiana Cajun Rub**

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 10 mins

For the pita chips:

Preheat the oven to 200°C.

Slice pitas in half and then into thirds to make little triangles.

Brush both sides of the pita lightly with olive oil.

Arrange in a single layer on a baking tray.

Sprinkle with **Cape Herb & Spice Louisiana Cajun Rub**.

Bake pitas for 10 minutes or until crisp and golden brown.

For the dip:

Place all ingredients in a food processor and blend until smooth.

Taste to adjust seasoning.

Scoop into a shallow serving dish.

Surround the dish with the warm pita chips and serve

Top tip for speedy cheat's roasted garlic:

Separate a head of garlic, keeping the individual cloves wrapped up in their skin.

Place in a dry cast iron pan on medium heat and pan roast for a few minutes until the skins are charred. Cover the pan with a lid and continue to cook until the garlic is tender. Peel and use as you would roasted garlic!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |
<http://thesecretlifeofbee.co.za/>

<https://mail.capeherb.co.za>