

# RECIPE

Prep Time

## INGREDIENTS

- 1Pkt of thawed chopped spinach
- 1 medium onion chopped finely
- 2 small tubs of sour cream
- 1 Cup of Mayonnaise
- 1 pkt of continental spring soup
- 1 Cob loaf

## METHOD

1. Thaw the spinach.
2. Combine all ingredients except for the bread.
3. Leave mixture to stand overnight in the fridge. Minimum 2 hours, flavor increases over time.
4. Scoop out the middle of the cob loaf and place ingredients in its place. Put the scooped bread around the cob in dipping size pieces and also surround with bread stick, veggie sticks or crackers.

## SHOPPING LIST

Chopped Frozen Spinach

Medium onion

2 x small tubs sour cream

Mayonnaise

1 x cob loaf

Continental cup of soup  
spring vegetable

Bread stick