

Watercress and Cheese Pâté

VITACRESS™

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Preparation time: 10 minutes + cooling

Cooking time: 2 minutes

Ingredients:

1 tsp olive oil
4 spring onions, chopped
2 (85g) bag watercress
1 (200g) carton light soft cheese
50g (2oz) extra mature Cheddar, grated

To serve:

Brown bread, pitta bread or soft flour tortillas



Method:

Heat the oil in a large non-stick frying pan, add the spring onions and watercress and sauté for 2 minutes, stirring occasionally, until just wilted. Transfer to a food processor or blender and blend until smooth. Transfer to a bowl and leave to cool. Add the two cheeses to the watercress and mash together with a fork. Season to taste. Chill for at least 1 hour before serving.

Cook's tip:

Once made, this tasty vegetarian pâté can be stored in an air-tight container in the fridge for up to 2 days. It's delicious served spread on hot toast, or in sandwiches and flour tortillas or as a snack with pitta bread.

Nutrition:

Portions	4-6
Calories	157
Fat	12.8g
Saturated Fat	7.4g
Carbohydrate	2g
Protein	8.5g
Fibre	0.4g
Salt	0.75g