



**BOSCH**  
Invented for life



## Veggie Dipping Sauce

### Overview

Difficulty: Medium

Servings: 1-2

Preparation Time: 10 mins

Cooking Time: 10 mins

## Ingredients

- 1 teaspoon of butter
- 1 small onion, chopped
- 50g of spinach, blanched
- 1 small capsicum, remove seeds, diced and par boiled
- 1 fresh tomato, diced
- 1 cup of Mango yogurt

## Methods

1. In a heated pan, add in the butter and onions. Sauté until the onions turn translucent.
2. Place the cooked onions and all the ingredients into the plastic beaker and fit the Bosch hand blender with stainless steel blending blade on top.
3. Operate at speed 1 and pour all the ingredients in. Ensure everything is well blended.
4. Transfer into a dip bowl and serve with par boiled carrot sticks and raw cucumber sticks for a healthy party snack.

## Product Used

### Versatile and convenient kitchen assistant

Hand blenders are not only compact, simple to use and easy to clean, but also come with multiple accessories for chopping and blending – making them great for quick and convenient food preparation.

