

Match of the Day Kickabout

# Egg Pops with Red Pepper Dip



## You will need

- ✓ 6 Eggs
- ✓ 6 Breadsticks
- ✓ 1 Tablespoon chopped walnuts
- ✓ 1 Red pepper, roasted and sliced
- ✓ 1 Clove garlic
- ✓ 2 Tablespoons olive oil
- ✓ A pinch of salt and pepper

## Instructions

### Step 1

Hard boil the eggs. Once cooled, remove the shells and rinse in cold water.

### Step 2

Push one breadstick into the centre of each boiled egg.

### Step 3

Place the walnuts, pepper, garlic, olive oil, salt and pepper in a food processor and blend until smooth. Then dip in your egg pops!

**Top Tip:** Spices are a good way to add flavour to dishes. Try adding some mild chilli powder or smoked paprika to your dip.