

# TUNA DIP

## INGREDIENTS

- 250g cream cheese, softened
- 2 tbsp onion, finely chopped
- ½ clove garlic, crushed
- 1 tbsp prepared horseradish
- 1 tsp Worcestershire sauce
- Pepper
- ½ cup sour cream
- 100g can tuna in spring water (drained and flaked)

## METHOD

1. Mix cream cheese, onion, garlic, horseradish, Worcestershire sauce and pepper
2. Blend in sour cream
3. Add tuna and mix thoroughly

### Serving suggestion:

- Serve dip in bowl and garnish with chopped fresh parsley
- Serve with parmesan crackers

Serves 8

### Nutritional Analysis per serve:

Energy	700kJ
Protein	6g
Fat	15g
Carbohydrates	2g
Sodium	212mg
Potassium	110mg
Phosphate	85mg

**BIG  
RED  
BBQ**

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