

30 minutes

Serves 4

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Ingredients:

Dukkah:

- 1 tsp (5ml) cumin seeds
 - 1 tsp (5ml) chilli flakes
 - 1 tsp (5ml) sea salt flakes
 - 1 tsp (5ml) sumac or a squeeze of lemon juice
 - 2 Tbsp (30ml) sesame seeds
 - ¼ cup (60ml) sunflower seeds
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- 2 discs feta
 - ½ cup (125ml) plain yoghurt
 - 1-2 packets (200g each) asparagus
 - Glug olive oil
 - Salt and milled pepper
 - Squeeze of lemon juice

Method

1. Toast dukkah ingredients in a hot pan for a minute or until fragrant.
2. Allow to cool.
3. Blitz feta and yoghurt together until smooth.
4. Toss asparagus in oil, season and chargrill on a griddle pan until tender.
5. Drizzle with lemon juice.
6. Spread whipped feta on a plate and top with hot asparagus.
7. Serve sprinkled with dukkah.

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