



SFG  
RECIPE



Sweet, salty, creamy, and crunchy—this dish is all about contrast. A modern mezze-style favourite that's perfect for dipping or dolloping.

**Ingredients:**

- 200g Kouzina Feta
- 2 tbsp Greek yoghurt
- 1 tbsp olive oil
- 1 tbsp runny honey (plus more to drizzle)
- 1 tsp fresh thyme leaves
- 30g chopped walnuts, toasted
- Black pepper to taste

**Method:**

- In a food processor, blitz Kouzina Feta, yoghurt, and olive oil until smooth and fluffy.
- Spread onto a serving plate or bowl.
- Top with toasted walnuts, thyme, and a generous drizzle of honey.
- Crack over some black pepper to finish.

**Serving Suggestion:**

Serve with warm flatbreads, crudité's, or crispbread.

T: 01689 888700 E: [sales@staplefoods.co.uk](mailto:sales@staplefoods.co.uk) [www.staplefoodgroup.co.uk](http://www.staplefoodgroup.co.uk)  
Find us on Instagram @staple\_food\_group

# Whipped Feta with Honey