

# Stuffed Nasturtium Flowers

## INGREDIENTS:

- 25-30 nasturtium flowers
- ½ cup cream cheese
- 100g ricotta
- 1 tbsp chives
- 1 medium clove of garlic, peeled and crushed
- ½ tsp lemon zest
- 1 pinch of salt

## METHOD:

1. Submerge nasturtiums in water for a few minutes (to remove any dirt or bugs), then place on a towel to dry
2. In a bowl mix cream cheese, ricotta, chives, garlic, lemon zest and salt until smooth and evenly dispersed
3. Using a piping bag, gently squeeze the mixture into the centre of the flowers  
Alternatively, use a ziplock bag with its corner cut or a teaspoon

