

Roasted Carrot Hummus

Bialik College Kitchen Garden Program



Ingredients:

- 1 teaspoon ground cumin
- 3 medium carrots (350g), peeled & cut into 2cm pieces
- 2 tablespoons olive oil
- 400g can chickpeas, drained & rinsed
- 1 tablespoon tahini
- 1 tablespoon lemon juice

Equipment:

- chopping board
- knife
- peeler
- metric measuring spoons
- baking tray
- baking paper
- bowl
- food processor
- spatula

Method:

1. Preheat oven to 180C fan forced. Line a baking tray with baking paper.
2. Place cumin, carrot and half the oil in a bowl. Toss to combine. Transfer to prepared tray & bake for 25 minutes or until carrot is golden & tender. Remove from oven and set aside to cool.
3. Place carrot, chickpeas, tahini, lemon juice and remaining oil in a food processor and process until smooth. Season with salt & pepper.
4. Serve with grissini.