

# Spiced Carrot Dip

Bialik College Kitchen Garden Program



## Ingredients:

- ☐ 4 carrots, peeled and chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 onion, peeled and chopped
- ☐ ½ teaspoon coriander seeds
- ☐ ½ teaspoon fennel seeds
- ☐ ½ teaspoon cardamom
- ☐ ½ teaspoon garam masala
- ☐ juice of ½ lemon
- ☐ 1 handful of coriander, roughly chopped
- ☐ 1 tablespoon yoghurt
- ☐ salt/pepper, to taste

## Equipment:

- ☐ metric measuring spoons
- ☐ chopping board
- ☐ cook's knife
- ☐ vegetable peeler
- ☐ citrus juicer
- ☐ medium saucepan
- ☐ colander
- ☐ food processor
- ☐ 2 frying pan
- ☐ wooden spoon
- ☐ medium bowl
- ☐ serving bowls

## Method:

1. Boil the carrots in water in the saucepan until soft, then drain and place in the food processor.
2. When carrots are boiling, prepare all of the other ingredients based on the instructions in the ingredients list.
3. Heat the olive oil in the frying pan over low heat and then fry the onion until translucent. Add to the food processor.
4. In another frying pan, dry-fry the spices over a low heat until aromatic, then add the food processor.
5. Add the lemon juice to the food processor.
6. Puree the carrot mix until it forms a soft paste.
7. Spoon the puree, coriander and yoghurt into a medium bowl and mix through.
8. Taste and add salt and pepper as preferred before serving.