COOKING PASSION SINCE 1877

Carrot, Cumin and Honey Dip

DIFFICULTY: EASY

PREPARATION TIME: 15

COOKING TIME: 45

SERVES: 8-12

Ingredients

400 g carrots

2 cloves garlic

50 ml honey

1 tbsp cumin

½ tsp turmeric

1 tsp garam masala

80ml light olive oil

1 tsp salt

1 tsp pepper

125 g cream cheese

¼ bunch coriander

Method

Pre heat the oven on CircoRoast to 180°C. (This recipe can be cooked in a Microwave Combi Oven to save cooking time, check notes below)

Peel the carrots and cut into quarters lengthways.

Place into a medium mixing bowl, along with the garlic, honey, cumin, turmeric, garam masala, half the olive oil, salt and pepper and combine.

Line a universal tray with baking paper. Pour the carrot mixture onto the tray and place on level 3 of the oven. Bake for 45 minutes.

Remove the carrots from the oven and place into a food processor along with the cream cheese, coriander and remaining oil.

Mix until the ingredients have combined and there are no lumps. Test the seasoning then place into a container and refrigerate until ready for use.

Notes

Combination Microwave Oven Cooking Method:

Prepare as above and place tray in oven on shelf position 1.

Select Circoroast 200°C with 360W for 20 minutes or until carrots are soft.

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