

Carrot Dip

Ingredients

4 carrots

1 onion

1 tbsp olive oil

½ tsp coriander seeds

½ tsp fennel seeds

½ tsp cardamom

½ tsp garam masala

½ lemon

1 tbsp yoghurt

Salt/pepper

Method

- Peel and chop carrots.
- Boil the carrots in water in a saucepan until soft, then drain and place in the food processor.
- Chop the onion. Add the olive oil to a frying pan over low heat and fry the onion until translucent. Add to the food processor.
- In another frying pan, dry fry the spices over a low heat until aromatic, then add to the food processor.
- Puree the carrot mix until it forms a soft paste.
- Add the yoghurt and mix through. Taste and add salt and pepper as needed.

