

Eat a Rainbow Recipes

ORANGE

Moroccan Carrot Dip

Serves 6

This beautiful bright orange dip is great served with crisp crackers or toasted foccacia.

Ingredients:

400 grams carrots
¼ cup water
2 cloves garlic
½ teaspoon paprika
¾ teaspoon grated ginger
(fresh or from a jar)
¼ teaspoon coriander
¼ teaspoon cinnamon
2 teaspoon lemon juice
2 tablespoon olive oil
Parsley (for garnish)

Equipment:

Chopping board and knife
Vegetable peeler
Garlic press
Measuring spoons
Small saucepan
Food processor/blender
Serving bowl
Rubber scraper
Hotplate

Method:

1. Peel, trim and cut carrots. Place in a small saucepan with the water, and cook over medium heat until tender
2. Peel and crush garlic, peel and grate fresh ginger if required.
3. Puree the carrots in a food processor or blender
4. Add the garlic, ginger, paprika, coriander, cinnamon and lemon juice, and continue to puree until the mixture is smooth
5. Drizzle in the oil and process until just blended
6. Transfer to serving bowl and allow to cool.
Garnish with chopped parsley just before serving.