

# Eat a Rainbow Recipes

## ORANGE

### Roasted Carrot Dip

Serves 6

Serve with crisp crackers or toasted foccacia.

#### Ingredients:

1 kilogram carrots  
1 large onion  
2 cloves garlic  
Olive oil  
Sea salt to taste  
150 grams quark  
1 handful coriander leaves

#### Equipment:

Chopping board and knife  
Vegetable peeler  
Baking dish  
Serving bowl  
Egg flip  
Baking paper  
Food processor  
Rubber scraper

#### Method:

1. Preheat oven to 180°C. Line the baking dish with baking paper to prevent vegetables from sticking.
2. Top and tail the carrots and wash them.
3. Carefully peel the carrots on the chopping board and cut into chunks.
4. Peel the onion, cut into half and roughly chop.
5. Peel the garlic.
6. Place the carrot, onion and garlic into the baking dish and toss with a few good slurps of olive oil.
7. Roast vegetables in the hot oven until slightly caramelised, tossing frequently with the egg flip to ensure even cooking.
8. When caramelised and soft remove vegetables from the oven and allow to cool.
9. Scrape the cooled vegetables into the food processor bowl and buzz till pureed.
10. Add the quark to the carrot mixture and buzz to mix together.
11. Finally add the coriander leaves and process briefly to roughly chop the leaves.
12. Season to taste with salt.
13. Using the rubber scraper transfer the carrot and coriander puree into a serving bowl.

