



Spicy Carrot Dip

30 minutes

Hands on

12

Portion(s)

1

Difficulty



Ingredients

- 600 g carrots, peeled and cut into rounds
- 1/2 teaspoon(s) chili flakes
- 2 tablespoon(s) olive oil
- 4 clove(s) of garlic, skin on
- 2 teaspoon(s) garam masala
- 80 ml water, cold
- 1 tablespoon(s) honey
- lime juice, of 1 lime
- 1/2 teaspoon(s) ginger, ground
- 2 tablespoon(s) coriander leaves, finely chopped for serving

Διατροφικός πίνακας

Nutrition information per portion

35 Calories (kcal)	0.8 Total Fat (g)	0.1 Saturated Fat (g)	5.5 Total Carbs (g)
2%	1%	1%	2%
4.9 Sugars (g)	0.0 Protein (g)	2.0 Fibre (g)	0.04 Sodium (g)
5%	0%	8%	1%

Method

- Preheat oven to 180* C (350* F) Fan.
- Combine the carrots, chili flakes and olive oil in a bowl.
- Transfer to a baking pan and bake for 15 minutes.
- Add the 4 garlic cloves, and garam masala.
- Mix and bake again for 15 minutes.
- If the carrots have softened remove from oven or else bake for another 5-10 minutes, until the carrots soften.
- When ready, squeeze the garlic to remove the soft interior and discard the skins.
- Transfer carrots and garlic to a food processor and add the water, honey, lime juice and ginger.
- Beat until the mixture becomes a smooth puree.
- Transfer to a bowl and allow to cool at room temperature.
- Serve spicy carrot dip topped with finely chopped coriander.