Carrot Dip

Type: Starter       Serves: Tastes 30       Recipe source: NSW Dept Health

Fresh from the garden: Carrot

Cooks Tip: Carrot can be replaced with beetroot. At home if time permits the vegetable can simply be roasted with oil and cumin in baking tray until soft and then processed.

EQUIPMENT:
Food processor
Cooks Knife
Fry Pan
Wooden Spatula
Chopping Board

INGREDIENTS:
2 teaspoons cumin
2-3 tablespoons olive oil
3/4 Cup Greek Yoghurt

FROM HARVEST TABLE
500g carrots

TO SERVE:
3 Smallish Bowls
3 teaspoons

What to do:
- Wet cloth and wring until only just damp and put under chopping board.
- Scrub carrots thoroughly with a brush or scourer and chop off tops and bottoms with knife.
- Cut into halves or quarters if very large and grate with grater.
- Put frypan on stove add 2 tablespoons oil and heat until hot.
- Turn flame down to medium heat and add cumin. Cook for 1 minute.
- Add grated carrot into frypan and fry the carrot is soft and cooked through stirring mixture every couple of minutes. May need to add extra tablespoon of oil if too dry.
- When cooked put mixture into a large bowl and cool slightly.
- Return to food processor and blend until smooth.
- Add yoghurt and divide mixture by spooning into bowls for serving with flatbread.