



Spiced carrot dip

From the Stephanie Alexander Kitchen Garden Foundation

This bright orange dip is a lunchbox superstar! Pack it in little containers with crackers or pita chips for a tasty, fun recess snack. This dip can be frozen for up to three months. Defrost overnight in the fridge.

Fresh from the garden: carrots, onion, lemon, coriander.

INGREDIENTS

4 carrots, peeled and chopped
1 tbsp olive oil
1 onion, peeled and chopped
½ tsp coriander seeds
½ tsp fennel seeds
½ tsp ground cardamom
½ tsp garam masala
juice of ½ lemon
1 handful of coriander, chopped
1 tbsp yoghurt
salt, to taste
pepper, to taste

Bring a small saucepan of water to the boil. Simmer the carrots until soft, then drain and place in a food processor.

Heat the olive oil in a frying pan over low heat and then 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.

Add the lemon juice to the food processor.

Purée the carrot mix until it forms a soft paste.

Spoon the purée, coriander and yoghurt into the medium bowl and mix through.

Taste and add salt and pepper, as preferred, before serving.