Carrot Dip

Fresh from the garden: carrots, lemon, onions

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

It's yummy!

Equipment:
- tea towel
- chopping board
- kitchen knife
- vegetable peeler
- medium saucepan
- colander
- food processor
- metric measuring spoon
- 2 heavy-based frying pans
- wooden spoon
- citrus juicer

Ingredients:
- 4 carrots
- 1 onion
- 1 tablespoon olive oil
- ½ teaspoon coriander seeds
- ½ teaspoon fennel seeds
- ½ teaspoon cardamom
- ½ teaspoon garam masala
- ½ lemon
- 1 tablespoon yoghurt
- salt
- pepper

What to do:
Peel and chop the carrots.
Boil the carrots in water in a saucepan until soft, then drain and place in the food processor.
Chop the onion. Add the olive oil to a frying pan over low heat and 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.
Juice the lemon and add to the food processor.
Purée the carrot mix until it forms a soft paste.
Add yoghurt and mix through. Taste and add salt and pepper as preferred before serving.