

# ROAST CARROT HUMMUS

## Ingredients:

8 large carrots

300ml sunflower oil

2 400g tin chick peas, rinsed and drained

4 garlic cloves, peeled and minced

Juice of 2 lemons

6 tbs tahini

4 tsp ground cumin

Salt and pepper

## What to do:

1. Preheat oven to 220c.
2. Peel and roughly chop carrots.
3. Steam carrots in china bowl in microwave 3mins at a time till tender, tossing in between (bowl will get hot so make sure you use oven mits).
4. Arrange carrots on baking tray, season and drizzle with oil and bake in the oven for 15mins.
5. Remove carrots from oven and allow to cool before blending all ingredients together to form a coarse paste.