

SPICED CARROT AND LENTIL DIP

Equipment needed –

Medium bowl, measuring spoons, measuring cups, small knives, chopping boards, juicer, garlic crusher, 2 colanders and food processor.

Ingredients from the Garden –

- 3 carrots

Ingredients from the Pantry –

- 1 can of lentils
- ¼ cup of tahini
- 2 cloves of garlic
- 1 teaspoon of ground cumin
- 2 tablespoons of lemon juice
- 1 teaspoon of harissa

What to do –

1. Peel and cut the carrots into pieces.
2. Place in a saucepan of boiling water and cook for 20 minutes until tender.
3. Once cooked, drain in a colander over the sink. Transfer the cooked carrots to the food processor.
4. Open the can of lentils and empty into a colander over the sink. Rinse well with cold water and drain. Transfer the lentils to the food processor.
5. Measure out 2 tablespoons of extra virgin olive oil and add to the food processor.
6. Measure out 1 teaspoon of cumin and add to the food processor.
7. Measure out 1 teaspoon of harissa and add to the food processor.
8. Juice the lemon. Measure out 2 tablespoons of lemon juice and add to the food processor.
9. Peel and crush the 2 cloves of garlic and add to the food processor.
10. Process until smooth. Season to taste.
11. Transfer the dip into a small serving bowl.

Serves –

- 28 students.