



QUICK CARROT HUMMUS



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Prep time



Cook time



Serves

NEED

350g carrots, peeled
and grated

100ml olive oil

300gm cooked chick peas

juice 1 lemon

2 cloves garlic, crushed

1 tsp ground cumin

1/2 tsp fennel seeds

1 tsp salt

freshly ground black pepper

2 tbls water

HOW

1. Cook grated carrot in olive oil over low heat until very soft and oil becomes orange in colour.
2. Remove from heat and blend with cooked chick peas, lemon juice, garlic, ground cumin, fennel seeds, salt, pepper and water.
3. Blend until a smooth paste. Add more water if mix is too thick.

USE IT UP TIP:

Carrots should be stored in original packaging in the fridge and can be revived by trimming and placing in a glass of water until crisp.

A Recipe by



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**