

Moroccan Carrot Dip

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This spiced carrot dip is sweet and spicy, all at the same time. Serve it with crackers or veggie sticks - perfect for parties, dinner parties or even as a tasty lunch.

Ingredients:

500g carrots
1 tsp. each ground cinnamon, cumin, sweet paprika and turmeric
3 garlic cloves
1 tbsp. runny honey
2-3 tbsp. oil
Pinch ground ginger to taste
3 tsp. lemon juice
Salt and pepper

Directions:

1. Thickly slice the carrots. Add to a pan of boiling salted water and simmer for 20-25 minutes until very soft and mashable.
2. Drain well and leave to dry slightly so the dip isn't too watery. Mash until smooth using a masher. Mince the garlic cloves.
3. Stir in the cinnamon, cumin, paprika, turmeric, garlic, honey and lemon juice. Add ginger to taste, and then add enough oil so that you reach the desired consistency. Season well with salt and pepper.

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