

# Carrot and Coriander Dip

SERVES: 6

## **INGREDIENTS:**

- 3 carrots, chopped into 3cm chunks
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 1 tsp ground cardamom
- 1 tsp garam masala
- 1 tbsp. olive oil
- 1 onion, peeled and finely chopped
- Zest of an orange
- Salt, to taste
- Freshly ground black pepper, to taste
- 2 tbsp. natural yoghurt
- Juice of a lemon
- 1 large handful of coriander leaves, finely chopped
- 1 small handful of mint, finely chopped



## **METHOD:**

1. Put the saucepan of water on to boil
2. Prepare all of the ingredients based on the instructions in the ingredients list
3. Cook carrots in boiling water until tender (about 10minutes)
4. Dry roast the coriander seeds and fennel seeds in the small frying pan over a medium heat
5. Grind the roasted seeds in the mortar and pestle, then add them to the food processor with the remaining spices
6. Cook the onion in the olive oil in the medium frying pan over medium heat until translucent, then add it to the food processor
7. Add the orange zest to the food processor
8. Drain the carrots, cool and add to the food processor
9. Puree the ingredients until smooth
10. Season with salt and pepper
11. Add yoghurt, lemon juice and coriander leaves, and mix through
12. Place in serving bowls and sprinkle with mint
13. Best served with Indian flatbread