

Roast carrot hummus

Equipment: Measuring spoons Measuring scales medium bowl whisk baking tray and paper food processor spatula juicer peeler serving dish x 4	Ingredients: For the roasted carrot: 1 large carrot (about 200g)), peeled and cut into 2cm chunks 2 unpeeled garlic cloves ½ teaspoon ground cumin ½ teaspoon salt Ground pepper For the Hummus: 2 tablespoons sunflower paste 3 tablespoons of extra virgin olive oil 3 tablespoons lemon juice, freshly squeezed 2 tablespoons water ½ teaspoon salt ¼ teaspoon black pepper 240g cooked chickpeas Optional garnish: Drizzle of olive oil Toasted pepitas Chopped parsley
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What to do:

1. Heat the oven to 200 degrees. Line a baking sheet with baking paper. Place the carrots and garlic onto the prepared sheet, drizzle with olive oil and sprinkle with ground cumin, salt and pepper. Roast for 30 minutes. Let them cool for 10 minutes.
2. Whisk together the sunflower paste, olive oil, lemon juice, water, salt and pepper in a bowl until thoroughly combined.
3. Transfer the roasted carrots and garlic into the bowl of a food processor. Add in the chickpeas. Pulse 4-5 times, scrape the sides of the bowl and then turn the processor on. As it runs, drizzle the sunflower paste mix through the tube. Let it run until the hummus is creamy. You might have to stop and scrape the sides of the bowl a few times.
4. Taste for seasoning and add in more salt and pepper if necessary.
5. Garnish with toppings if using.