



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

VEGETABLE DIP

SERVES 4-5



INGREDIENTS

- 6 medium carrots OR 4 medium beetroot
- 1 Tbsp vegetable oil (preferably olive or canola)
- 2 tsp whole cumin seeds
- 1 Tbsp tahini paste (optional)
- 1 Tbsp lemon juice (optional)

METHOD

1. Heat oven to 210°C on Bake setting.
2. Trim the carrot/beetroot stalks and tails.
3. Peel.
4. Cut into 3 cm pieces.
5. Mix the carrots/beetroot with oil and cumin seeds and place in a roasting dish.
6. Roast in the oven for 45 minutes - 1 hour (until a knife goes easily through to the middle).
7. Remove from oven and allow to cool.
8. Use a stick blender or food processor to blend the carrots/beetroot.
9. Add any other ingredients and continue to blend until smooth.
10. Serve with toasted pita bread crisps or vegetable sticks.

Keep in the refrigerator and use within 3 days.

Can be frozen for up to 6 months.