

TARANAKI

like no other

# ROASTED CARROT DIP

MISTER K KRACKERS



## ingredients

750g carrots

6 cloves garlic

3 tablespoons olive oil, plus extra to serve

2 tablespoons red wine vinegar

2 teaspoons ground cumin

½ teaspoon ground ginger

½ teaspoon chilli powder

½ teaspoon sea salt

dukkah, to serve

parsley, to serve

## directions

**Step 1.** Pre-heat the oven to 180°C.

**Step 2.** Peel the carrots and cut off their tops and ends. Cut each carrot in half, and then into quarters so you end up with 8 carrot sticks.

**Step 3.** Place into an oven-proof dish or roasting pan and pour over 1 tablespoon of the olive oil.

**Step 4.** Add in the garlic cloves, place in the oven and roast for 30 minutes or until cooked through and golden.

**Step 5.** Remove from the oven and leave to cool. Once cool, squeeze the garlic from its skins and place into a food processor along with the carrots and the remaining ingredients.

**Step 6.** Blend until smooth and serve with a drizzle of olive oil, a sprinkling of dukkah and a scattering of parsley if desired.

**Step 7.** Serve with Mister K Crackers.

enjoy