



CARROT TAHINI DIP

This weeks recipe of the week has been inspired by a recipe from Nourish Magazine. With a sweet & creamy flavour and texture, it's great as an entertainer alongside vegetables and crackers, or as a spread on sandwiches.

Ingredients:

2 medium size carrots (peeled and diced)

1 tablespoon of miso paste

2 tablespoons of hulled tahini

6 tablespoons extra virgin olive oil

1 tablespoon maple syrup

1 tablespoon apple cider vinegar

1/4 teaspoon turmeric

Salt and **Black Pepper** to taste

1/2 red onion thinly sliced

1 tablespoon olive oil (extra)

1 tablespoon chopped coriander

Nigella seeds to garnish

Method:

Place carrots in a pot of boiling water and simmer until the carrots are soft.

In a frypan add the tablespoon of olive oil and the red onion and stir over low heat until the onion is translucent. Set aside to cool.

Place the carrots, miso, tahini, olive oil, maple syrup, apple cider, turmeric and seasoning in a food processor and pulse until smooth.

Serve the dip topped with cooked red onion, chopped coriander and a sprinkle of nigella seeds.

Gluten Free | Dairy Free | Refined Sugar Free