**Carrot Dip**

**Season:** Winter/Spring  
**Type:** Dips  
**Difficulty:** Easy  
**Serves:** 30 tastes in the classroom or 6 at home

Fresh from the garden: carrots, lemon, onions  
**Recipe Source:** Stephanie Alexander Kitchen Garden Foundation

Carrot dip? It's yummy!

**Equipment:**  
teatowel  
chopping board  
kitchen knife  
vegetable peeler  
medium saucepan  
colander  
food processor  
metric measuring spoon  
2 heavy-based frying pans  
wooden spoon  
citrus juicer

**Ingredients:**  
4 carrots  
1 onion  
1 tablespoon olive oil  
½ teaspoon coriander seeds  
½ teaspoon fennel seeds  
½ teaspoon cardamom  
½ teaspoon garam masala  
½ lemon  
1 tablespoon yoghurt  
salt  
pepper

**What to do:**
- Peel and chop the carrots.
- Boil the carrots in water in a saucepan until soft, then drain and place in the food processor.
- Chop the onion. Add the olive oil to a frying pan over low heat and fry the onion until translucent. Add to the food processor.
- In another frying pan, dry-fry the spices over a low heat until aromatic, then add to the food processor.
- Juice the lemon and add to the food processor.
- Purée the carrot mix until it forms a soft paste.
- Add yoghurt and mix through. Taste and add salt and pepper as preferred before serving.