

# SPICED ROASTED CARROT HUMMUS

## INGREDIENTS

- 1 kg carrots, trimmed and peeled
- 6 tablespoons extra-virgin olive oil, divided
- 1 tablespoon tomato paste
- 2 tsp. fennel seeds
- 1 tsp. cumin seeds
- 1 tsp. coriander seeds
- 1 tsp. caraway seeds
- 1 tsp. salt
- 1 can chickpeas, rinsed and drained
- 3 tablespoons tahini paste
- 1/4 cup fresh squeezed lemon juice
- 2-4 tablespoons water

## INSTRUCTIONS

1. Pre-heat your oven to 200 degrees. Line a baking tray with baking paper and set it aside.
2. Chop the carrots into large chunks, about 2-inches in size. Toss them in a large bowl with 2 tablespoons of the olive oil, the tomato paste, fennel seeds, cumin seeds, coriander seeds, caraway seeds and salt. Spread them out onto your prepared baking sheet and roast in your pre-heated oven for 20 minutes. Then remove the carrots from the oven and set them aside to cool slightly.
3. Add the chickpeas, tahini, lemon juice, a couple tablespoons of water and the remaining 4 tablespoons of olive oil to the bowl of your food processor with the blade attachment and pulse a few times to combine. Then add in the roasted carrots, making sure to scrape in all the juices and seeds collected on the baking paper. Process until smooth, stopping to scrap down the sides of the bowl as necessary. If the hummus is too thick, you can add additional liquid (water, lemon juice or olive oil) until you reach your desired consistency. Taste and add additional salt, if necessary.
4. Transfer the hummus to a bowl. Garnish with fresh soft herbs and a drizzle of olive oil, if desired. Serve with crackers or bread of your choice.