

Roasted Carrot Hummus

400g carrots
½ tin of chickpeas
1 clove of garlic
4 tablespoons olive oil
A pinch of salt and freshly ground black pepper
Juice of ½ a lemon
2 tablespoons tahini
1 teaspoon ground cumin

Pre-heat the oven to 200C. Cut the carrots into bite-size pieces, put them on a baking tray and roast them in the oven for 25 minutes. Drain the chickpeas and rinse thoroughly. Peel and finely chop the garlic. Put all the ingredients into a blender and blend until smooth, adding a little water if necessary. Check the seasoning and add more salt and pepper if necessary. Serve with cucumber sticks and some tortilla chips.

