

Spicy Carrot-Greek Yoghurt Dip

Equipment	Ingredients
Saucepan	4 tablespoons olive oil
Knives	4 large carrots, peeled and chopped
Measuring cups	3 tablespoons crushed garlic
Measuring spoons	1 tablespoon crushed ginger
Chopping board	½ teaspoon ground cumin
Food processor	½ teaspoon curry powder
Vegetable peeler	½ teaspoon turmeric
Citrus zester	½ teaspoon orange zest
Wooden spoon	2 cups Greek yoghurt
	1 tablespoon lemon juice

How TO MAKE IT:

- 1 Heat 2 tablespoons olive oil in a large pan over medium heat and cook the carrots, stirring, until soft about 10-12 minutes. About 8 minutes into cooking them, add the garlic and ginger and stir to soften. Add the spices and cook gently to help release their aromas.
- 2 Remove from heat, stir in orange zest and cool slightly.
- 3 Transfer the carrot mixture to the bowl of a food processor and pulse until the carrots are a smooth puree. Add the Greek yoghurt, remaining olive oil, lemon juice and pulse to combine. Remove and serve.

