

Roasted Carrot Dip & Crudité's

Prep Time 20 mins

Cook Time 30 mins

5 large **carrots**, peeled, chopped

¼ cup + 3 TB **olive oil**, divided

2 tsp **cumin**, ground

1 tsp **onion powder**

½ tsp **cayenne**

¼ cup **cashews**, roasted, roughly

chopped, plus more for garnish

2 TB **sesame seeds**, toasted, plus

more for garnish

2 TB **lemon juice**

1 TB **lemon zest**

Urfa, for garnish

Salt & freshly ground pepper, to taste

Crudité's, chopped, for serving

CHEF TIPS

Taste:

- When adjusting seasoning, taste dip with crudité's instead of a spoon to get a true taste of the final product.
- Dip should be citrus forward, but rich in texture.



1. Preheat oven to 375°F.

2. On a parchment-lined baking sheet, toss carrots with 3 TB oil, **cumin**, **onion powder**, **cayenne**, salt & pepper. Roast until carrots are very soft, 30-35 mins. Let cool.

3. In a high speed blender, blend roasted carrots, 3 TB oil, cashews, sesame seeds, lemon juice, zest & 2-4 TB water. Season with salt & pepper. Transfer the dip to a serving bowl. Drizzle with remaining 1 TB oil; garnish with cashews, sesame seeds & **urfa**.

4. Serve dip with crudité's on the side.

Serves 4 to 6

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