Roasted carrots with hummus

Crispy chickpeas, orange, herbs

Ingredients (10 portions)

Carrots	1.1kg
Chickpeas	530g
Tahini	75g
Olive oil	100ml
Lemon juice	45ml
Ground cumin	5g
Garlic	4 cloves + 3 for cooking carrots
Orange	3-4 segments/guest
Mint	20g
Coriander	20g
Pomegranate	100g
Crispy Chickpeas	75g
Bay leaf	2
Salt	8g
Paprika	2g
Cumin	1g
Lemon zest	3g

Prep list

- Make Humus
- Peel and cut carrots
- Crispy chick peas
- Segment oranges
- Pick herbs

Allergies and Alternatives

GF: gluten free
DF: dairy free
Nut free: Yes, but check sesame in tahini

Blackboard wording

Roasted carrots with humus



STARTER – METHOD AND SERVING

Method

Parboil carrots whole in water with bayleaf, lemon and garlic until al dente.

Drain and cut in half lengthways. Char them in a dry pan.

Humus: Blend Chickpeas, Tahini, Olive oil, lemon juice, ground cumin and garlic to a smooth paste. Season.

Crispy chickpeas: Drain, rinse and dry. Sprinkle with paprika, ground cumin, lemon zest toss and roast at 200°C degrees for 15-20 mins. Keep turning.

Service and Presenation

- Serve on slate
- Cut half length of carrot on the angle into bite size pieces.
- Humus base in a circle, carrot at a diagonal, top humus with orange, coriander, mint, pomegranate and sprinkle crispy chickpeas.

