

Less than 30 minutes

Makes about 1½ cups

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Ingredients:

- 2 packets (200g each) baby carrots
- Glug olive oil
- ½ tsp (3ml) each cumin, coriander and fennel seeds, toasted and crushed
- Salt and milled pepper
- 1 can (400g each) butter beans, rinsed and drained
- 2 tsp (10ml) tahini
- Juice (30ml) of ½ lemon
- 3 Tbsp (45ml) full-cream yoghurt

For serving:

- 1 disc (60g) crumbled feta
- 2 Tbsp (30ml) sesame seeds
- Fresh basil and rocket

Method:

1. Preheat oven to 200°C.
2. Drizzle carrots with oil, spices and season.
3. Roast for 15 minutes, until golden but still crunchy.
4. Blitz remaining ingredients together until smooth and creamy.
5. Spread dip on a platter and top with carrots, sprinkle with feta, sesame seeds and fresh herbs.