Less than 1 hour Makes about 2 cups Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients

- 1 pack (500g) carrots, chopped
- ¼ cup (60ml) harissa paste
- 2 Tbsp (30ml) + ¼ cup (60ml) olive oil
- Handful fresh parsley, chopped, plus extra for serving.
- 2-3 Tbsp (30-45ml) water

## Method

- 1. Combine chopped carrots, harissa paste and 2 Tbsp (30ml) olive oil. Season.
- 2. Roast at 180°C for 20–25 minutes, or until fully cooked.
- 3. Allow to cool slightly.
- 4. Add roasted carrots,  $\frac{1}{4}$  cup (60ml) olive oil, parsley and water to a blender and blitz until smooth.
- 5. Serve with chopped parsley.

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