

Less than 1 hour

Makes about 2 cups

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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, ¼ cup (60ml) olive oil, parsley and water to a blender and blitz until smooth.
5. Serve with chopped parsley.

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