



CARROT HUMMUS

By Elizabeth Richards

INGREDIENTS

- 1 head garlic
- ½ cup olive oil
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 lb carrots, scrubbed and chopped into large pieces
- 1 14.5 oz can chickpeas
- ¼ cup tahini
- 1 tbsp kosher salt

METHOD

1. Preheat oven to 400 degrees.
2. Cut ¼ inch off of the top of a head of garlic
3. Rub the garlic with 1 tsp of olive oil and wrap in foil.
4. Roast for 30 mins and allow to cool.
5. Toast the cumin and coriander in a pan over low heat, allow to cool and grind with a mortar and pestle or a spice grinder.
6. Toss the carrots with 2 tbsp olive oil, the ground spices and 2 tsp salt.
7. Roast the carrots for 15-20 mins until tender and slightly charred. Allow to cool.
8. Add the carrots, roasted garlic, chickpeas and aquafaba, tahini and remaining salt.
9. Slowly stream in the remaining olive oil while blending until the hummus is completely smooth.
10. Taste and adjust seasoning.

ZERO-WASTE TIP

"Operating from a zero waste perspective means eating every edible part of every food product nose to tail and root to fruit. And making sure we think compost before landfill for those little leftover bits and parts.

Join me as I jump into cooking one ingredient you may not even know is wasted - Carrots."

Chef Elizabeth Richards