

Carrot and Broadbean Hummus

Ingredients

4 carrots, washed and roasted

2 cups carrot tops, washed and chopped coarsely

$\frac{3}{4}$ cup chickpeas

2 tablespoons tahini

$\frac{1}{2}$ lemon juiced

2 cloves garlic

6 broad bean pods

3 Tbls olive oil (plus 1 if needed)

Salt and pepper (cayenne pepper is a good alternative to black pepper, just a little less)

Method

Set oven to 180oC

Cut and roast carrots, 4cm pieces

Measure tahini into food processor

Squeeze lemon and remove seeds

Add to tahini and blend until thickened

Add garlic and chickpeas

Pod the broad beans and remove outer skins. They may need blanching in boiling water (cooking for no more than 2 mins)

Add the broad beans to the hummus and continue to blend.

Add the chopped carrot tops and salt and pepper or other seasoning if using.