

Roasted Carrot and Pumpkin Hummus

Introduction

This is lovely served with crudités, which are delicious with the rich, slightly sweet carrot hummus. Serves four to six

Number of Servings: 4

Ingredients

500g carrots, peeled and cut into 4-5cm chunks
4 large garlic cloves, bashed
2 tbsp olive oil or rapeseed oil
1 small orange, juiced, zest finely grated
Juice of ½ lemon
3 tbsp tahini (sesame seed paste)
Sea salt and freshly ground black pepper

300g carrot chopped
300g pumpkin chopped
in roasting tin

Directions

Heat the oven to 200C/400F/gas mark 6. Put the carrots, ^{pumpkin} garlic and oil in a roasting tin, season and roast for 30-35 minutes, giving the carrots a good stir halfway through, until tender and starting to caramelise at the edges. Remove from the oven and leave to cool slightly. Tip the carrots, ^{pumpkin} into a food processor. Squeeze the garlic cloves out of their skins and put these in, too, along with any oil from the tin. Add the orange zest and juice, lemon juice, tahini and some salt and pepper, and process to a coarse purée. Add more lemon juice and seasoning as necessary. Serve the hummus warm or at room temperature, with crudités or warm pitta bread or flatbreads.

source Hugh Fearnley Whittingstall.