# Carrot RECIPES

## Carrot and yoghurt dip



Total preparation and cooking time: 15 minutes + refrigeration time



Makes 2 tubs



Dip can be frozen in portions

### WHAT YOU NEED

1 tbsps. olive oil

4 carrots, grated

1 tsp. salt

2 cloves of garlic, finely chopped

2 tsp. lemon juice

1 cup natural or Greek yoghurt



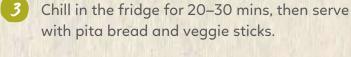


On a stove top, heat the oil in a frying pan over a medium heat, add the carrot and salt, stirring together until just cooked. Cool for 10 mins.

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In a large bowl combine the carrot mixture with the lemon juice, garlic and yoghurt.



DID YOU

raw, cooked or even juiced – yum!







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Carrots can be eaten



**Carrot and Ginger soup** 

## **Crunchy carrot** and apple salad

Total preparation and cooking time: 10 minutes



Serves: 4

### WHAT YOU NEED:

- 2 Lebanese cucumbers, sliced or cut into sticks
- 4 celery stalks, sliced or cut into sticks
- and sliced
- 2 medium carrots, sliced or cut into sticks
- Handful of celery leaves, chopped
- 1 tbsp. olive oil



- 1 Granny Smith apple, cored

- 1 tbsp. lemon juice

## WHAT YOU NEED.

1 tbsp. olive oil

1 brown onion, chopped

2 garlic cloves, finely chopped

2 tsp. fresh ginger, peeled and coarsely grated

½ tsp. ground nutmeg

4 cups salt-reduced vegetable stock

3 large carrots, sliced

400g can cannellini beans (no need to drain)



On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, ginger and garlic. Cook until the onion is soft.

Total preparation and cooking time: 30 minutes

Soup can be frozen

Serves: 4-6

- Stir in the nutmeg to coat the onion mixture, cook for 1 minute.
- Add the stock, carrots, beans (and their liquid) and bring to the boil.
- Reduce the heat to low, cover and simmer for 20 mins until the carrots are soft.
- Remove from heat and cool before blending.
- Serve with warm bread.



Add the cucumber, apple, carrot and celery sticks and leaves to a large bowl and mix together.



In a small jug, add the lemon juice and olive oil and whisk together.



Pour the dressing over the salad and toss well.