

# 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



#### HOW TO MAKE IT:



- 1 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.



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



- 3 Chill in the fridge for 20–30 mins, then serve with pita bread and veggie sticks.



JUST ONE MEDIUM-SIZED CARROT = 1 SERVING OF YOUR DAILY VEGGIES ★

I'M ACTUALLY  
87% WATER.  
YOU KNOW!

#### DID YOU KNOW?

Carrots can be eaten raw, cooked or even juiced – yum!





## Carrot and Ginger soup

### 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)

### HOW TO MAKE IT:



- 1 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.



- 2 Stir in the nutmeg to coat the onion mixture, cook for 1 minute.



- 3 Add the stock, carrots, beans (and their liquid) and bring to the boil.

- 4 Reduce the heat to low, cover and simmer for 20 mins until the carrots are soft.

- 5 Remove from heat and cool before blending.

- 6 Serve with warm bread.

## 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
- 1 Granny Smith apple, cored and sliced
- 2 medium carrots, sliced or cut into sticks
- Handful of celery leaves, chopped
- 1 tbsp. lemon juice
- 1 tbsp. olive oil



### HOW TO MAKE IT:



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



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



- 3 Pour the dressing over the salad and toss well.