

Pumpkin Hummus with Carrot Dippers

Serves 8

INGREDIENTS

60ml vegetable oil
500g pumpkin, diced
2 garlic cloves, finely chopped
½ lemon
2 tbsp tahini paste
400g chickpeas

Carrot dippers
4 large carrots
Fresh flat leaf parsley



Don't throw away the pumpkin seeds. See our recipe for a delicious healthy snack.

METHOD

1. Heat the oven to 200°C/180°C fan/gas mark 6.
2. Put the pumpkin in a roasting tin with the chopped garlic. Drizzle olive oil over ingredients, season, then bake for 45 minutes until tender. Once cooked, set aside to cool.
3. Put the pumpkin into a food processor with any juices from the roasting tin and the garlic. Add the lemon juice, tahini paste and chickpeas. Season with salt and blend to a paste – add a little more oil if it's too thick.
5. Scoop the hummus back into the pumpkin and serve with the carrot dippers.

Carrot dippers

1. Cut the carrots in to ½ inch thick slices
2. Place a small piece of parsley on top of the carrot
3. Use a toothpick to secure parsley to stem

Serving Suggestion - top with roasted pumpkin seeds, see our recipe.