

Carrot Pâté with Lime & Coriander Seed

Prep time

5 mins

Cook time

50 mins

Total time

55 mins

This carrot pâté recipe is a great way to use up a glut of carrots. Spread on toast it makes a fantastic starter or light lunch. Just add pomegranate for festivity, and a contrasting pop of colour.

Author: Ceri Jones

Recipe type: Dip

Serves: 4

Ingredients

Carrot pate

- 750g carrots, topped and tailed, skin on and chopped into similar size chunks, roughly 2cm
- 1 clove garlic, minced
- 1 tablespoon tahini paste
- 2 tablespoon lime juice (roughly 1 lime)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Extra-virgin olive oil
- Sea salt

To serve:

- sourdough bread, toasted.
- pomegranate seeds
- coriander seed, toasted and lightly crushed with a pestle and mortar.
- coriander leaf

Instructions

1. Pre-heat oven to 180°C (fan).
2. Toss the carrots with a tablespoon of olive oil, add a ½ teaspoon salt then roast in the oven for 40-45 minutes until tender. Allow to cool for 10 minutes, then transfer to a blender or food processor ready to make your hummus.
3. To the carrots, add 2 tablespoons water, the garlic, olive oil, tahini, lime juice, cumin, coriander and ½ teaspoon salt to the blender. Blitz until you have really smooth paste. If necessary you might need to add a couple more tablespoons of water to help the carrots break down.
4. Taste and adjust flavours as necessary. More salt or lime probably!
5. Scoop into a bowl and chill until ready to use. Just before serving top with pomegranate seeds and toasted, lightly crushed coriander seed

Recipe by Natural Kitchen Adventures at <https://naturalkitchenadventures.com/carrot-pate-lime-coriander-seed/>

