

# MOURAD'S SPICY CARROT DIP



## DIRECTIONS

In a large pot, boil carrots until tender. Drain reserving  $\frac{1}{2}$  cup of water. In a food processor start with the garlic cloves then add all the other ingredients. Blend till smooth. (You may need to add reserved water to achieve dip consistency. Taste to see if you like degree of heat.) You might add more harissa (some like it hot!) Transfer to a bowl, drizzle with garlic olive oil & serve with toasted pita triangles. Enjoy!

## SHOPPING LIST

10-12 carrots, peeled and cut  
in 2" pieces

2 Tbsp. Capers, chopped

2 Tbsp. Olive Oil

2-4 garlic cloves

1 Tsp. Cumin

1 Tsp. Harissa

1 Tbsp. Lemon Juice  
(Optional)