



Paprika-Roasted Carrot Hummus

Makes: 8 servings

Prep Time: 15 minutes Cook Time: 35 minutes

Total Time: 50 minutes

Ingredients

Roasted Carrots:

- 1 pound carrots, peeled & sliced 1/2-inch thick
- 1 tbsp smoked paprika
- olive oil
- kosher salt

Hummus:

- 1/4 cup ice cold water, plus more if needed
- 1 (15.5 oz) can chickpeas (no salt added), rinsed & drained
- 2 garlic cloves, roughly chopped
- 1/2 cup tahini
- 2 tbsp olive oil
- 2 tsp lemon zest
- 2 tbsp lemon juice
- 1 & 1/4 tsp kosher salt
- 1 tbsp sesame seeds
- 1 tbsp fresh dill leaves
- 1 tbsp chopped fresh chives
- flaky sea salt
- warm pita or pita chips, for serving

Instructions

For the roasted carrots, preheat the oven to 425°F. Line a sheet pan with parchment paper. Place the sliced carrots onto the sheet pan. Add the smoked paprika, a generous drizzle of olive oil, and a good pinch of salt. Toss to coat. Spread the carrots into an even layer. Roast for 30-35 minutes, or until tender. Let cool for about 10 minutes.

For the hummus, add the water, roasted carrots, chickpeas, garlic, tahini, olive oil, lemon zest, lemon juice, and salt to a high-powered blender (you could also use a food processor, but the blender will create the smoothest texture).

Blend until smooth and creamy, using a spatula to scrape down the sides of the blender a couple of times. If needed, add a little bit more water to help everything combine. Taste and add more salt if needed.

Plate the hummus with the sesame seeds, dill, chives, a pinch of flaky sea salt, and a drizzle of olive oil over top. Serve with warm pita or pita chips alongside.

Recipe by The Original Dish