



# Honey Scented Red Lentil Hummus with Glazed Carrots

(Serves 6 as a side dish)

## FEATURED PRODUCT:

Manuka Royale Honey

## INGREDIENTS

### For the hummus

200g red lentils

375ml water

3 garlic cloves, peeled

120g hulled tahini

1 1/2 teaspoons salt

1/2 teaspoon black pepper

100ml fresh lemon juice

1 teaspoon Manuka Royale Honey

1/4 cup olive oil

### For the glazed carrots

500g baby carrots (you can use larger carrots, simply cut lengthways in half)

2 tablespoons olive oil

1 teaspoon ground cumin

1 teaspoon sea salt

2 tablespoons Manuka Royale Honey

1/2 cup sliced almonds, roasted

## INSTRUCTIONS:

Preheat the oven to 200°C.

### To make the hummus

Rinse the lentils using a fine mesh sieve, until the water runs clear.

Drain and transfer lentils to a large pot. Add the water.

Bring to a boil and reduce the heat to lowest setting, stir and cover.

Allow to cook for 15 - 20 minutes until tender and all the water is absorbed.

Transfer the lentils to a food processor and add the garlic, tahini, salt, pepper, honey and lemon juice.

Process until combined and then add the olive oil slowly whilst the motor is running.

Process well to achieve a creamy consistency.

The hummus may seem rather runny, but it will thicken as it cools.

Transfer to a clean container whilst the carrots roast.

### To make the carrots.

Toss the carrots, olive oil, cumin and salt on a lined baking tray.

Drizzle over the honey.

Roast in the oven for 25 minutes until tender and golden.

### To serve,

spread the hummus onto a serving platter and top with the warm roasted carrots and a further drizzle of Manuka Royale Honey and a sprinkle of roasted slice almonds.