

TUNISIAN CARROT PUREE



Preparation : 10 min - **Resting :** - - **Cooking :** 30 min - **Equipment :** -

Ingredients : 1 large bowl

- 350 g carrots - 3 tablespoons olive oil - 1 teaspoon cumin - harissa to taste - 1 garlic clove - 1 small onion - 1 tablespoon lemon juice - salt

1. Wash and peel the carrots and cut into slices. Steam the carrots and garlic for 25 min. Meanwhile, gently soften the sliced onion in 1 tablespoon of olive oil, then add the cumin and cook for a further 2 min.
2. Stir in the carrots, garlic and all the other ingredients and fry for 5 min. Allow to cool slightly, then pour into the Micro bowl, check the seasoning if necessary and blend for approximately 1 min., adding 2 tablespoons of olive oil via the feed tube until the purée is smooth.
3. Leave to cool.

Chef's tip :

Can be eaten cold with bread or as a garnish with grilled meat.

