



- 2 carrots, peeled and coarsely grated
- 80 ml (2½ fl oz/⅓ cup) water
- 1 teaspoon butter
- 200 g (7 oz¾ cup) Greek-style yoghurt
- 1 teaspoon honey
- 1 teaspoon ground cumin
- 1 teaspoon tahini

often, for 6–8 minutes or until just soft. Transfer to a sieve and set aside to drain and cool completely.

- 2 Combine the yoghurt, honey, cumin and tahini in a medium mixing bowl. Add the cooled carrot and mix to combine. Season with salt and pepper. Cover and refrigerate until ready to serve.

BROAD BEAN DIP

Serves 4–6

- 350 g (12 oz/2 cups) podded fresh broad (fava) beans
- 75 g (2¾ oz/⅓ cup) cream cheese
- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 2 spring onions (scallions), ends trimmed and finely chopped

- 1 Cook the broad beans in a medium saucepan of boiling water for 1 minute or until just tender. Drain and rinse under cold running water.
- 2 To remove the broad beans from their soft grey pods, pick off the top of the broad bean with your fingernail, then squeeze the base and the green bean will pop out.
- 3 Place the peeled beans in a food processor with the cream cheese, oil, lemon juice, garlic, spring onions, a good pinch of salt and some freshly ground black pepper. Process until smooth. Cover and refrigerate until ready to serve.