

Carrot Yogurt Dip with Pita Chips

Season: Winter

Type: Side

Serves: 36 tastings

From the garden: Carrot, parsley & garlic

Class Focus: Cutting pita bread into 8 triangles



Equipment:

Small mixing bowl x 1
Wooden spoon x 1
Small frying pan x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Grater x 2
Scissors x 2
Baking tray x 2
Baking paper
Red ramekin x 5
Teaspoon x 5
Serving plate x 5

Ingredients:

Carrot Yogurt Dip:

4 carrots (skin-on, roughly grated)
1 tablespoon olive oil
1 clove of garlic (minced)
½ tablespoon parsley (leaves only, finely chopped)
1 cup Greek yogurt
¼ teaspoon salt

Pita chips:

9 pieces of pita bread
Some olive oil
1 teaspoon salt

What to do:

1. Heat oven to 200C.
2. Wash the vegetables and herb.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Heat grated carrot and olive oil in the frying pan over medium heat until softened, about 2 minutes. Side aside to cool.
5. Combine all the ingredients for the dip in a small mixing bowl.
6. Serve dip into 5 red ramekins with a teaspoon in each. Set aside.
7. Meanwhile, using scissors, cut each pita bread into 8 triangles.
8. Put the pita bread in lined baking trays, drizzle some olive oil and sprinkle salt.
9. Bake them in the oven for 8 minutes or until slightly brown.
10. Divide the pita chips into 5 serving plates and serve with the dip.