

Carrot Yogurt Dip with Pita Chips

Season: Autumn

Type: Side (Yellow group)

Serves: 32 tastings

From the garden: Carrot

Class Focus: Cutting pita bread into 8 triangles, grating vegetable, chopping herb & mincing garlic



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
Kitchen tong x 5

Ingredients:

Carrot Yogurt Dip:

3 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
½ teaspoon salt

Pita chips:

8 pieces of pita bread

What to do:

1. Heat oven to 180C.
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. Divide 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.
9. Bake them in the oven for 6 minutes or until slightly brown.
10. Divide the pita chips into 5 serving plates with a kitchen tong in each and serve with the dip.

For vegan / dairy intolerance option:

Add the yogurt at the end so you can take a portion out without yogurt for the vegan or dairy intolerance students.

For gluten free option:

Gluten free bread will be provided for students with gluten intolerance.