

The perfect crowd pleaser!



Lockyer Valley BEETROOT & WALNUT DIP



 @lockyervalley

www.luvyalockyer.com.au



Serve with fresh carrot sticks and crackers

ingredients

- 2 large Lockyer Valley beetroot, peeled and cut into large chunks
- 1 garlic clove, peeled
- 2 tbsp coconut oil (available in the health foods aisle)
- Pinch sea salt & cracked black pepper
- ½ large brown Lockyer Valley onion, peeled and roughly sliced
- 1 cup walnuts
- ½ tsp dried cumin
- ½ tsp fresh Ghost Gully coriander
- 2 tbsp tahini
- 2-5 tbsp fresh lemon juice (to taste)

method

1. Preheat oven to 190C
2. Place beetroot and garlic into a large, lined roasting dish. Drizzle with oil and toss to coat. Season with salt and pepper and place into the oven to roast for 25 minutes.
3. Add onion to dish and roast for another 10 minutes.
4. Add walnuts to dish and roast for another 10 minutes.
5. Remove roasting tray from oven and allow to cool.
6. Pop roast veg, walnuts, dried herbs, tahini and lemon juice into a blender or food processor. Blend on low-speed, increasing to high-speed, until desired consistency is achieved.
7. Transfer dip to a serving dish, garnish with fresh coriander leaves, and serve.

**Want to order more delicious vegetables for home?
Order online at www.bauersorganicfarm.com.au**

For more information
on Lockyer Valley
food producers visit
www.luvyalockyer.com.au

