Carrot Hummus and Seeded Flatbread Fingers

About 1 1/2 cups dip with 8 flatbread fingers · Active 20 min · Total 1 hr 50 min

Skills: Easy

Ingredients

- 2 medium carrots, cut into 1/2-inch pieces (200 g)
- 1 tablespoon olive oil (15 ml), divided
- 1/4 teaspoon fine salt, divided
- 1 can chickpeas (15 oz/425 g), drained and rinsed
- 2 tablespoons tahini (30 g)
- 2 tablespoons lemon juice (30 ml)
- 1/2 teaspoon ground cumin
- 1 small garlic clove, roughly chopped
- 3–5 tablespoons cold water (45–75 ml)
- 2 small plain pitas, cut into 4 fingers each
- 2 teaspoons sesame seeds (6 g)

Set out

Conventional oven, Rimmed baking tray, Blender or food processor, Spatula, Small leakproof containers

Allergens

Sesame, Wheat. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C. Toss carrots with 2 teaspoons oil and half the salt. Roast on the tray for 22–25 minutes until very tender and browned at the edges. Cool promptly in a shallow dish.

2. Put cooled carrots, chickpeas, tahini, lemon juice, cumin, garlic and remaining salt in the blender. Add 3 tablespoons cold water and blend until smooth, scraping down as needed. Add more water by the tablespoon only if necessary.

3. Brush pita fingers with the remaining teaspoon oil and sprinkle with sesame seeds. Toast on the baking tray at 400°F/200°C for 5–7 minutes until crisp at the edges. Cool completely on a rack.

4. Divide dip into four covered pots. Store flatbread fingers separately and add them to the lunch bag in a dry container.

Pack the dip where it cannot tip

Use a screw-top or reliably leakproof pot for the hummus and keep the bread in a separate rigid compartment. Dipping at the break preserves both textures much better than spreading hummus on the bread hours earlier.

Timing

Allow an estimated hour to chill the roasted carrots and finished dip fully before packing; the actual temperature takes priority.

A useful detail

This makes more dip than one snack. Portion before refrigerating so a whole tub does not repeatedly travel to and from work.

Keep it well

Refrigerate hummus within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Carry cold with two cold sources. Keep fully cooled toasted flatbread dry in an airtight container and use within 2 days.