

Zucchini Dip

This delicious dip is similar to baba ganoush but is made with zucchini instead of aubergine. Perfect with a spread of mezze-style dishes, crudités or other dips.

Serves- 8

Prep: 10 mins

Cook: 20 mins

Recipe from- sneakyveg.com



Ingredients

6 medium zucchinis
2 tablespoon olive oil
2 tablespoon tahini
Lemon juice to taste (approximately 1 lemon)
Salt to taste
4 cloves garlic crushed
4 tablespoons olive oil
Flat leaf parsley chopped
Ground cumin
Olive oil

Equipment

Measuring spoons
Large bowl
Spoons
Spatula
Serving platters
Brush
Food processor or blender
Knife
Juicer
Oven tray

Instructions

1. Preheat the oven to 180°C
2. Cut the courgettes in half, lengthways. Using a sharp knife cut a crisscross pattern into the courgette flesh. Brush with olive oil then place in the oven for 20 minutes.
3. Remove from the oven and check the softness with a sharp knife. If the courgettes are still firm return to the oven for another 10-15 minutes, or until soft.
4. Remove from the oven and allow to cool.
5. Once cool enough to touch, use a spoon to scrape the cooked courgette flesh from the skins.
6. Place in a food processor with a tablespoon of tahini, 2 cloves of crushed garlic and 2 tablespoons of olive oil. Add a pinch of salt.
7. Process until smooth, stopping once to scrape the sides down.
8. Add lemon juice to taste and adjust the salt if needed.



To serve- Transfer into 4 bowls or plates (one for each table), then drizzle over olive oil and sprinkle chopped flat leaf parsley and ground cumin over the dip.