



Vegetable Platter with Grilled Carrot and Chickpea Dip

Makes: 4

Prep time: 1 hour

Cook time: 40 minutes

For the flatbreads:

250g plain flour

1 tablespoon olive oil

1 level teaspoon dried instant yeast

150ml warm water

Large pinch fine sea salt

For the carrot dip:

350g carrots, peeled and cut in half lengthways

1 clove garlic

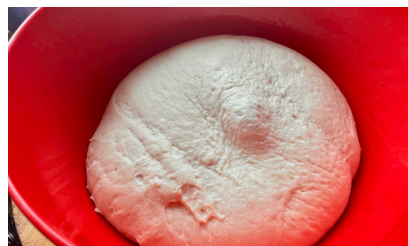
200g cooked chickpeas (drained weight)

1 tablespoon tahini

2-3 tablespoons lemon juice

This substantial chickpea and carrot dip acts as a centrepiece, with lots of grilled veggies and flatbreads for dipping and scooping. You could also try this with charred peppers. This recipe uses the Outback Stainless Steel BBQ Wok to cook the smaller vegetables efficiently, without risking them falling through the grill.

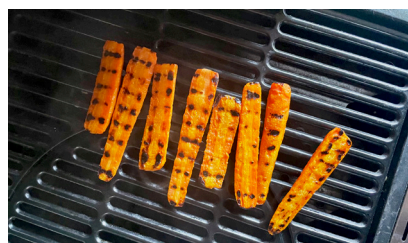
Method:



1. To make the flatbreads, combine the flour, instant yeast, salt and olive oil in a mixing bowl and add 150ml hand-hot water. Mix until you have a smooth dough, then knead for around 5 minutes - either on a lightly floured surface or in the bowl of a stand mixer - until smooth and elastic. Set aside in a lightly oiled bowl to rise until doubled in size - this will take around an hour.



2. Cook the carrots in boiling salted water for 3 minutes, then drain.



3. Light two gas burners on the Jupiter Outback BBQ and set the heat to medium. Cook the carrots

For the grilled vegetables:

- 1 red pepper
- 200g sugar snap peas
- 8 spring onions



Method Continued:

over medium direct heat for around 15-20 minutes, until soft and slightly charred.

4. Place the carrots in a blender with the garlic, chickpeas, tahini, lemon juice and blend to a paste, adding cold water to thin it until smooth. Season well with salt.

5. To cook the flatbreads, divide the dough into 4 equal pieces and roll out to roughly the size of a pitta bread.

6. Transfer each bread to the BBQ and cook over direct heat for a minute or so on each side, or until puffed and lightly charred.

7. To cook the vegetables, rub the spring onions with a little oil and grill over direct heat for a few minutes, turning regularly, until lightly charred. Set aside then cut into short lengths.

8. Rub the remaining vegetables lightly with oil and season with salt, then transfer to the Outback stainless steel cooking wok. Place the wok over medium heat over the centre of the grill and stir fry the vegetables for a few minutes, or until cooked through and charred.

9. Arrange the flatbreads and vegetables on a platter with the dip, and serve.