



Mushroom Carrot Spread

Visual Recipe
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	SMALL	MEDIUM	LARGE
mushrooms	7oz ~ 200g	10oz ~ 300g	13oz ~ 400g
carrots	1	1	2
sunflower seeds	1 tbsp	2 tbsps	3 tbsps

LEVEL UP! Add miso paste for taste before blending. Add fresh parsley for garnish.

INSTRUCTIONS



1. Preheat the oven to 400°F (200°C). Peel and cut carrots and clean and cut mushrooms. Arrange both on top of a baking tray lined with baking paper.

2. Roast the carrots and the mushrooms for 20 minutes.

3. Combine cooked mushrooms and carrots with sunflower seeds in a food processor or a blender. Season for taste and pulse blend until well combined but still chunky.

4. Transfer to a bowl or a plate and garnish with fresh parsley.