

What Katie ate...

SEEDED + NUTTY HARISSA FLATBREAD, GARLIC DIP

YOU WILL NEED

4 - 6 Lebanese flatbreads
1/2 tsp cumin seeds
1/2 tsp fennel seeds
1/2 Tsp caraway seeds
1/2 Tsp coriander seeds
1 Tbsp harissa paste
Juice 2 lemons
4 plump garlic cloves, peeled
Good quality olive oil
1/3 Cup hazelnuts, toasted + finely chopped
2 tbsp roasted pumpkin seeds
2 tsp white toasted sesame seeds
2 tsp black sesame seeds
Maldon sea salt flakes
Freshly ground black pepper

FOR THE GARLIC DIP

8 - 10 garlic cloves, peeled
Maldon sea salt flakes
1 lemon
2 cups rapeseed oil or sunflower oil
4 tbsp ice water

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SERVES 8 - 10

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Preheat oven to 180° C/350° F.

Place cumin, fennel, caraway and coriander seeds in a frying pan and toast over high heat for 1-2 mins or until fragrant, taking care to not let them burn. Remove and place in a mortar.

Add harissa, lemon juice, garlic cloves, and 3 tbsp olive oil in with the toasted seeds and mash/grind to a thick paste. Add a little oil if required to form a thick, smooth texture.

Combine hazelnuts, pumpkin seeds and both sesame seeds, add in a good pinch or crushed sea salt flakes and about 1/2 tsp freshly ground black pepper.

Spread harissa paste out evenly on flatbreads, then scatter nut mixture on top. Drizzle with extra olive oil. Roast in oven for about 15 mins or until breads are golden brown and crisp.

Place the garlic and salt in mortar. Using the pestle, mash and grind both together to form a smooth paste. Add the lemon juice and continue to mash together.

Drizzle the oil in very slowly. After you've used 1 cup, add in 1 tbsp of ice water. Mix. Continue to slowly drizzle in the oil and grind, adding a tablespoon of the ice water after every 1/4 cup of oil.

Continue until you have used up the oil entirely. Sauce should be thick and fluffy.

Serve dip with flatbread.