

ROASTED RAINBOW CARROTS WITH A TAHINI SAUCE

Serving 4

INGREDIENTS:

500 g rainbow carrots (can be normal carrots)

1 tbsp olive oil

1 tsp Maldon salt

1 tsp coriander seeds

1 tsp cumin seeds

½ tsp fresh ground pepper

2 tbsp tahini

2 tbsp fresh lemon juice

1 tbsp olive oil

1 tsp ground cumin (lightly roasted before ground)

1 tsp ground coriander (lightly roasted before ground)

¼ tsp salt or miso paste

PREPARATIONS:

1. Wash and gently pat dry the carrots, do not peel! Place carrots on an oven tray lined with baking paper. Drizzle with oil, add spices. Roll the carrots in oil and spices until evenly covered, roast at 220C for 15-20 minutes (until fork tender).
2. Mix all the ingredients in a small bowl. Add more of the taste you want to be prominent. Try to use miso paste instead of salt in one batch.