

Roast Carrots with Cumin

Servings: 6

Prep Time: 20min

Cook Time: 40min



Ingredients

- 1 tsp each cumin and fennel seeds
- 1 bunch of young carrots (about 12), trimmed, sliced in half or in long wedges
- 1 clove of garlic, peeled and chopped
- 1 rounded tsp harissa paste
- Black Pepper
- 2 tbsp olive oil or avocado oil
- juice of 1 lemon
- good handful of coriander or mint leaves
- Salt

Directions

Heat the oven to 220°C. Crush the cumin and fennel seeds gently in a pestle and mortar. Toss the carrots with the garlic, harissa, crushed seeds, oil and lemon juice in a roasting tin. Season with salt and freshly ground black pepper. Add the squeezed lemon to the tin, if you like.

Roast for 30 to 40 minutes, turning the carrots once, until just tender. Add the coriander or mint and drizzle with more oil if you like.