

ROASTED MAPLE CARROTS WITH FETA



Serves 6 | Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

2 bunches of Dutch carrots,
tops removed and peeled

2 tbsp extra virgin olive oil

2 tbsp maple syrup

Pinch of salt

1 tbsp sesame seeds

1 tbsp fresh thyme

50g crumbled feta

Garnish with pomegranates (optional)

METHOD

1. Preheat oven to 180°C.
2. Line a large baking dish with baking paper. Place carrots on the baking tray.
3. Combine oil, maple syrup and salt in a mixing jug. Pour over the carrots
4. Bake for 30 minutes, turning halfway.
5. Top with sesame seeds, fresh thyme and feta.
6. Garnish with pomegranate seeds if desired.

NUTRITION TIP

Carrots are a good source of beta-carotene, fibre, vitamin K, and potassium. Carrots have been linked with better eye and heart health.

Enjoy them raw, roasted, mashed and in baked goods. They're probably even more versatile than the humble spud!



THE NUTRITION GUY