

Roasted carrots with honey & thyme



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Preparation 15 mins | Cooking 30 mins | Serves 4

- 1 kg purple, yellow, orange and white heirloom carrots + Golfball* carrots
- 2 tbs olive oil
- 1 tbs honey
- 1 tsp ground cumin
- 2 garlic cloves, crushed
- 2 tbs thyme leaves

**New on the market, Golfball carrots are small and plump and sold by the bunch.*

STEP 1 Preheat oven to 200°C/180°C fan-forced. Trim carrots, leaving about 3cm stem attached. Gently scrub carrots to clean, pat dry with paper towel. Combine oil, honey, cumin, garlic and thyme in a large mixing bowl. Season with salt and pepper. Add carrots and toss until well coated.

STEP 2 Arrange carrots in a single layer on a large baking tray or pan lined with baking paper. Roast carrots, tossing once, for 20-30 minutes (depending on size of carrots) until tender and serve.

Good for you... **CARROTS**

Carrots are a top source of beta carotene (which the body converts to vitamin A). Just one carrot (120g) provides enough beta carotene for two days' recommended dietary intake of vitamin A. A good source of dietary fibre, which helps the intestine function well. Provides vitamin C, one of the vitamins that helps the body protect itself against various infections.

