

Roasted Carrots with a Tahini Dressing

Bialik College Kitchen Garden Program

Ingredients:

- 12 carrots, peeled, topped and cut into 6-8 sticks, depending on the size.
- 1-2 tablespoons olive oil
- ½ teaspoon sumac
- salt/pepper

- Tahini dressing:
 - 3 tablespoons tahini
 - 1 tablespoons water
 - 1 tablespoon olive oil
 - 1 tablespoon maple syrup
 - juice of 1 lemon
 - ½ teaspoon sea salt
 - 1/3 cup toasted pumpkin or sunflower seeds
 - handful parsley leaves, chopped

Equipment:

- chopping board
- knife
- peeler
- metric measuring spoons/cups
- small bowl
- whisk
- baking tray
- baking paper

Method:

Preheat oven to 200C.

1. Peel and chop carrots into sticks.
2. Place carrots in a bowl and add 1 tablespoon of olive oil, sumac, salt/pepper. Mix carrot around until coated (may need a little more olive oil).
3. Place carrots flat on a tray and place in the oven for 30 minutes or until roasted.
4. Place dressing ingredients into a small bowl and whisk until well combined. Season to taste.
5. Roast seeds in a dry frying pan and set aside.
6. Pull off a handful of parsley leaves and roughly chop. Once carrots are ready, place on four platters. Drizzle tahini dressing over the carrots with a sprinkling of toasted seeds and fresh parsley.