

# Roasted heirloom carrots with Persian fetta

By Miele

**15 minutes**

Preparation time

**20 minutes**

Cooking time

**6 servings**

Serves



## INGREDIENTS

600 g heirloom baby carrots, peeled, tops trimmed  
80 g olive oil  
1 tbsp caster sugar  
1 tsp English mustard powder  
1 tsp smoked paprika  
½ tsp cumin powder  
½ tsp coriander powder  
½ tsp fennel seeds  
2 tsp finely chopped lemon thyme  
Salt flakes, to taste  
Ground pepper, to taste

### Herb dressing

50 g parsley leaves, picked and washed  
50 g mint leaves, picked and washed  
1 tsp lemon zest  
100 ml lemon juice  
250 ml extra virgin olive oil  
Salt flakes and pepper, to taste

### To serve

100 g Persian fetta, crumbled  
30 ml olive oil  
2 tbsp almond flakes, toasted  
2 tbsp torn parsley leaves

## METHOD

1. Preheat the Oven on Fan Plus at 180°C.
2. Mix together oil, sugar, mustard, paprika, cumin, coriander, fennel, thyme and toss with the carrots until evenly coated. Season with salt and pepper.
3. Transfer to a universal tray and place into the oven on shelf level 2. Cook for 20 minutes or until caramelised and tender.

### Herb dressing

1. Place parsley, mint and zest into a tall mixing jug and pulse with a stick blender until coarsely chopped.
2. Add oil and lemon juice and pulse to combine. Season with salt flakes and pepper.

### To serve

1. Place warmed carrots into a large serving bowl and top with crumbled fetta.
2. Drizzle with olive oil and scatter almonds and parsley over the top. Serve with herb dressing.