

# Moroccan Roasted Carrots

*Swick*

Serves 4 | Active Time: 20 minutes | Total Time: 45 minutes

## Step 1: Preparing Your Mise en Place

- 2 bunches carrots (approx. 1 lb) peeled, trimmed and cut\*
- 1 tsp ground sumac
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground coriander
- 1/8 tsp cayenne
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 to 2 tbsp extra virgin olive oil
- 1/2 tsp sweetener, such as agave

To start, preheat an oven to 425°F (220°C).

For the carrots, cut in half lengthwise and then cut into 2 or 3 pieces on the bias.

In a small bowl, stir together the sumac, cumin, paprika, coriander, cayenne, salt, and pepper.

In a large bowl, toss the carrots with the olive oil.

Next, sprinkle the spice mixture onto the carrots and toss to evenly coat the carrots with the spices. Lastly, drizzle the sweetener over the carrots and toss again.

## Step 2: Cooking & Finishing the Carrots

- flaky finishing salt (such as Maldon), for garnish
- fresh flat-leaf parsley, roughly chopped, optional

To cook the carrots, heat a large fry pan over medium heat. Once hot, add the carrots and let cook for a couple of minutes, tossing occasionally. Pan-frying the carrots first help to get the cooking started, which helps to give them a bit of color, while not overcooking them in the oven.

Next, transfer the carrots to the oven and roast until they are just tender, approximately 15 to 30 minutes. The time will depend on how big the carrots were cut and your oven.

Lastly, transfer the carrots to a serving dish and sprinkle with a bit of finishing salt and parsley (if using). Serve immediately.

These roasted carrots go particularly well with Falafels and this Middle-Eastern Roasted Cauliflower dish.