

RAINBOW CARROTS WITH CUMIN TAHINI SAUCE

lightly adapted from loveandflour.com

**revised so tahini sauce comes out better, more smooth*

Yield: 4 servings

Prep Time: 5-10 minutes

Cook Time: 15-20 minutes

Storage: best warm; refrigerate up to 3 days



Ingredients

- 1 1/2 - 2 lbs rainbow carrots
- 1 tbsp avocado oil, plus 1 tbsp for sauce
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 1/2 tsp salt, plus 1/8 - 1/4 tsp for sauce
- 1/4 tsp black pepper
- 2 tbsp tahini
- 3 - 4 tsp fresh lemon juice, to taste
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 3 - 4 tbsp water, may need more for thinner sauce

Directions

1. Preheat oven to 425 degrees F. Line a baking pan with parchment paper and set aside.
2. Trim the stems off the carrots, leaving a couple of inches of the stem intact. Wash and dry the carrots.
3. Place carrots on the baking pan, drizzle them with 1 tbsp oil, then roll them along the pan to evenly disperse the oil.
4. Sprinkle oiled carrots with cumin seeds, coriander seeds, 3/4 tsp salt, and black pepper.
5. Roast carrots in the oven for about 15-20 minutes, or until fork-tender, but still a bit firm.
6. Meanwhile, prepare the sauce by mixing together the tahini, lemon juice, 1 tbsp oil, ground cumin, ground coriander, 1/8 tsp salt and water. Keep mixing until a smooth sauce results, you may need to add a bit more water to achieve this. Taste and adjust for seasoning.
7. Drizzle sauce over the roasted carrots and enjoy!