



SMOKEY ROASTED CARROTS

(courtesy of @laughingveggiefoodie)

Serves: 4 as a side Preparation Time: 25 mins

INGREDIENTS

550 grams of carrots

3 tbsp Jars of Goodness Smokey Chilli Sauce + extra for garnish

1 ½ cups of Greek Yogurt

1 tbsp honey

Roasted Pistachio

Cilantro, to garnish

METHOD

1) Preheat the oven to 220C and line a baking tray with parchment paper

2) Wash and scrub the carrots thoroughly. Pat dry

3) Brush on the smokey chilli sauce onto the carrots and line each carrot individually on the baking tray

4) Roast the carrots for 20 minutes and then flip the carrots and baste them again with some more

smokey chilli sauce and return in the oven for a further 30 minutes

5) Whilst the carrots are cooking, whip some Greek yogurt and honey in a bowl and set aside. At

this point, you can choose to add some more smokey chilli sauce to the Greek yogurt mixture

according to your liking

6) Once the carrots are cooked through, remove them from the oven

7) Spread the Greek yogurt mixture on a serving plate and top with the roasted carrots

8) Garnish with roasted pistachios, cilantro and little dollops of the smokey chilli sauce