

CUMIN SPICED ROASTED CARROTS



Moderate



40 minutes



Side



04 Servings

INGREDIENTS

6-8 medium carrots
1 thyme sprig
1 rosemary sprig
2 garlic cloves, lightly crushed
2 star anise
1 bay leaf
1 tsp olive oil
1 large knob of butter
1 tbsp cumin seeds

COOKING STEPS

Put the carrots, thyme, rosemary, garlic, star anise and bay leaf in a saucepan and just cover with water. Season well with sea salt and bring to the boil. Simmer the carrots slowly for about 30 mins until soft and tender, then remove from the heat and allow to cool. Once cooled, remove the carrots from the water with a slotted spoon, pat dry with kitchen paper, transfer to a plate and put in the fridge for 20 mins until completely chilled.

In a large frying pan, heat the olive oil to just under smoking, then fry the carrots for about 5 mins until golden brown all over. Turn the heat down, add the butter and cumin seeds, roll the carrots around until they are lovely and glossy, then remove and serve.

