



Caramelised Carrots and Pine Nuts



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4-6

Ingredients

50 g pine nuts
2 bunches baby carrots
50 ml maple syrup
¼ bunch thyme
1 tsp sumac
Zest of 1 lemon
Juice of ½ lemon
50 ml sour cream
¼ bunch continental parsley, leaves removed and finely chopped
Salt and pepper

Sumac is a red to dark purple berry that is dried and sold as a coarse or fine powder. It has a fruity citrus flavour and available at most supermarkets.

Method

Preheat the oven on CircoTherm® to 160°C. Spread the pine nuts evenly on the enamel universal tray. Toast the pine nuts for 8-10 minutes or until golden brown. Set aside to cool.

Top the carrots leaving 1-2 cm of the stem, peel and place in a large bowl. Remove the leaves from the thyme and add to carrots. Add the maple syrup, sumac, salt and pepper. Toss to combine.

Line enamel universal tray with baking paper and increase oven temperature to 180°C. Place the carrots on the prepared tray and roast for 25-30 minutes.

While the carrots are roasting, mix together the lemon zest, juice, sour cream, salt and pepper in a small bowl.

When the carrots are cooked, place on a serving plate, drizzle the sour cream over the top and sprinkle with the chopped parsley.

Finally, top with the toasted pine nuts and serve.

Notes

This recipe is prepared with NEFF's CircoTherm®. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.