



ROASTED CARROTS WITH CHIMICHURRI

By Elizabeth Richards

INGREDIENTS

FOR ROASTED CARROTS

- 1 bunch carrots, tops removed and saved for later use
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- ½ tsp timut peppercorns, substitute with black peppercorns
- 1 tsp kosher salt
- 2 tbsp olive oil

FOR THE CARROT TOP CHIMICHURRI

- 4 cloves garlic, peeled and roughly chopped
- 1 fresh chili, rough chopped
- 2 oz carrot tops, roughly chopped
- 2 oz cilantro leaves and stems, roughly chopped
- 2 tbsp fresh oregano
- 3 tbsp red wine vinegar
- 1 tsp kosher salt
- ⅓ cup olive oil

METHOD

FOR ROASTED CARROTS

1. Place a baking tray in the oven and preheat to 400.
2. Scrub carrots and slice in half lengthwise.
3. Toast cumin, coriander and timut in a small pan over medium heat. Allow to cool and grind until a powder forms with a mortar and pestle or a spice grinder.
4. Toss carrots with spices, salt and olive oil.
5. Turn the oven down to 325 degrees F.
6. Remove the tray from the oven and place the carrots cut side down.
7. Roast in the oven until tender and charred on the cut side, approximately 30 mins.

FOR THE CARROT TOP CHIMICHURRI

1. Add the garlic and fresno chili to a mortar and pestle with ½ tsp salt.
2. Pound the garlic until a paste forms.
3. Add the carrot tops, cilantro and oregano and continue pounding until the herbs are finely crushed.
4. Add the red wine vinegar and continue pounding until a paste forms.
5. Add the shallots and olive oil while continuing to pound until a smooth but slightly chunky sauce forms.
6. Taste and adjust seasoning
7. Store in an airtight container. The chimichurri will keep in the fridge for 4 days or in the freezer for 2-3 months.

ZERO-WASTE TIP

"Operating from a zero waste perspective means eating every edible part of every food product

nose to tail and root to fruit.

And making sure we think compost before landfill for those little leftover bits and parts.

Join me as I jump into cooking one ingredient you may not even know is wasted - Carrots."

Chef Elizabeth Richards