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Dawley Farm Village
at the Roundabout
cooksbakers.com

Roasted Carrots with Lemon-Mint Yogurt Sauce

Serves 4 - 6 as a side dish

Bright, flavorful, and wonderfully simple, this recipe for roasted carrots showcases just how a few fresh ingredients can create something truly special. The natural sweetness of the caramelized carrots pairs beautifully with the tangy, herbaceous yogurt sauce. The crunch of toasted almonds adds a satisfying texture to every bite. Perfect as a side dish or as a light appetizer!

Carrot Ingredients:

12 rainbow carrots
1 small shallot, minced
3 tablespoons olive oil
1 teaspoon Kosher salt
1/2 teaspoon ground pepper
1/2 teaspoon coriander
1/4 teaspoon cinnamon
1/4 cup sliced almonds
1/2 teaspoon cumin seeds

Lemon-Mint Yogurt Sauce Ingredients:

1 cup Greek yogurt
1/2 tablespoon Za'atar
2 tablespoons fresh lemon juice
(about 1 large lemon)
2 cloves garlic, minced
1/2 teaspoon Kosher salt
10-15 leaves fresh mint, minced;
some reserved for garnishing

Directions:

1. Preheat the oven to 425 degrees F.
2. Wash, trim, and peel the carrots leaving 1/2" of the stems intact. Mince the shallot.
3. Spread the carrots and shallot on a rimmed sheet pan and drizzle with the olive oil. Sprinkle with the salt, pepper, coriander, and cinnamon. Use tongs to move the carrots around in the oil and seasonings until coated.
4. Roast the carrots in the preheated oven for 15-25 minutes, turning them half way through the roasting time. The carrots are ready when they are fork tender and beginning to brown.
5. While the carrots roast, combine the Greek yogurt, Za'atar, lemon juice, minced garlic, salt, and fresh mint in a small bowl and whisk until evenly incorporated.
6. In a small sauté pan, toast the almonds and cumin seeds until slightly browned and nicely fragrant. Be careful not to burn the almonds.
7. Spread the yogurt sauce on a serving tray and layer on the roasted carrots. Top the carrots with the toasted almonds, cumin and reserved minced mint. Add additional salt and pepper to taste. Enjoy immediately.