

Roast Carrots, Almond Dukkah and Labneh



A delicious heart healthy recipe, perfect for your lunch or a side dish for your dinners.

Ingredients

- 1 kg heirloom carrots
- 1 can chickpeas (drained)
- 3 tbsp Extra Virgin olive oil
- 4 sprigs thyme
- 6 tbsp labneh or plain yoghurt
- 1/2 cup almond dukkah
- 1 lemon, cut in wedges

Method:

1. Preheat the oven to 180C.
2. Wash the carrots (you can keep the skin on), cut in half lengthwise where necessary so they are all about the same size.
3. Place the carrots and chickpeas on a baking dish, drizzle olive oil, sprinkle a pinch of salt over

them and add the thyme. Mix everything together so the carrots and chickpeas are coated.

4. Bake for 30-40 minutes until the carrots are lightly coloured and softened.