

GRACE GOUDIE

Roasted Carrots & Cumin Yogurt Sauce

<https://www.gracegoudie.com/all-recipes-blog/roasted-carrots-side-dish>

INGREDIENTS:

- 1 lb carrots (shout out Trader Joe's Les Petites Carrots)
- ½ ea pomegranate seeds
- 3 ea mint leaves
- 2 tbsp neutral oil
- 1 tsp salt
- 1 cup yogurt
- ½ tbsp cumin
- 2 tbsp sunflower seeds
- 1 tbsp sesame seeds
- 1½ tsp coriander seeds
- ¾ tsp cumin seeds
- ½ tsp black sesame seeds
- ⅛ tsp salt

DIRECTIONS:

1. **For the carrots:** Preheat the oven to 375°F. Toss the carrots in neutral oil and 1 tsp of salt. Lay the carrots in one single layer on a sheet tray and roast for 15 minutes.
2. **For the yogurt:** Mix the yogurt and cumin together and set aside.
3. **For the dukkah:** Toast the sunflower and sesame seeds in a 325°F oven for 10 minutes, until they are golden brown. Toast these items in separate pans as they cook at different rates. In a sauté pan, toast the coriander, cumin and black sesame seeds. *Pro Tip: You know they are done toasting when the spices start to release their aromas.* Once all the spices and seeds are toasted, pulse them in a food processor. Make sure to pulse the processor instead of a continuous blend, the pulsing will prevent the mixture from turning into a paste.
4. **For the plating:** Spread a layer of yogurt on the bottom of the plate. Place the carrots on top of the yogurt. Garnish with the dukkah, pomegranate seeds and mint leaves. The dukkah can be made ahead of time. It is also good to make extra dukkah and keep as a pantry staple. I love adding it to salads and soups!