

Roasted Carrots

<http://userealbutter.com/2021/11/30/roasted-carrots-recipe/>

modified from [NYTimes Cooking](#)

10 medium carrots, peeled
2 tbsps extra virgin olive oil
salt to taste
pepper to taste
1 tbsp fresh thyme leaves
1/2 tsp cumin seeds, lightly toasted*
1/2 tsp coriander seeds, lightly toasted**
1/2 tsp turmeric
1/2 tsp mild chile powder (Aleppo in original recipe)
2 tbsps fresh mint, chopped
flake sea salt for garnish

* Can substitute 1/2 tsp ground cumin for the cumin seeds.

** Can substitute 1/2 tsp ground coriander for the coriander seeds.

Preheat oven to 425°F. Cut carrots in half (about 3-4 inches long), then cut those pieces in half lengthwise. You can cut the fat pieces lengthwise into quarters for more even thickness. Toss the carrots in a large bowl with olive oil, salt, pepper, and thyme. Heat your baking sheet in the oven for 3-4 minutes. When you are ready to roast your carrots, remove the pan from the oven and spread the carrots into a single layer on the sheet (I lined my sheet with parchment paper and then arranged the carrots). Reserve your bowl. Roast for 20-25 minutes (25 minutes for me), stirring the carrots and spreading them back into a single layer every 10 minutes. They are done when slightly caramelized and fork tender.

While the carrots roast, grind the cumin and coriander seeds with a mortar and pestle. Combine the ground cumin and coriander with the turmeric and chile. When the carrots are just out of the oven, toss them with the spices and 3/4 of the mint in the same large mixing bowl. [**NOTE:** If using pre-ground cumin and coriander, toss the roasted carrots with the spices, spread on the baking sheet, and return to the oven for another 10 minutes. When you take them out of the oven, toss with 3/4 of the mint.] Garnish with the remaining mint and flake sea salt. Serves 4-6.