Sesame roasted carrots

About 35 minutes · Serves 2



Ingredients

- 350 g carrots, peeled and cut into batons
- 1 tbsp cooking oil
- 1½ tbsp Tian Fu sesame paste
- 1 tsp soy sauce; 1 tbsp rice vinegar; 2 tbsp warm water; 1 tsp sesame seeds

Method

1. Heat the oven to 200°C conventional / 180°C fan. Toss carrots with oil and spread on a tray.
2. Roast for 25–30 minutes until tender, turning once.
3. Mix the sesame paste, soy sauce, vinegar and warm water. Drizzle over the carrots and scatter with sesame seeds.

Adjust the sauce and spice level to your taste.

Made with Tian Fu



Sesame paste

270g / 9oz.

Cooking times are approximate. Check product labels for ingredients and allergens.