

Less than 1 hour

Serves 3-4 (as a side)

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Ingredients:

- 1 punnet (200g) each baby carrots and baby beetroots
- 1 packet (200g) baby fennel
- Salt and milled pepper
- 2 Tbsp (30ml) olive oil
- ½ packet (50g) cashew nuts
- 2 Tbsp (20g) sesame seeds
- 1 Tbsp (15ml) each coriander and cumin seeds
- Juice (60ml) and grated peel of 1 lemon
- Handful fresh chopped parsley and mint

Method:

1. Preheat oven to 200°C.
2. Place baby carrots, beetroots, and fennel in an oven tray.
3. Season and drizzle with olive oil.
4. Roast for 25 minutes or until tender, tossing every 10 minutes. Set aside.
5. Toast cashew nuts, sesame seeds, coriander and cumin seeds in a dry pan until fragrant. Remove and blitz or chop coarsely to make dukkah.
6. Toss roasted vegetables with lemon juice, a handful of fresh chopped parsley and mint.
7. Serve with dukkah.

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