



Roasted carrots, sherry vinegar

By Michael Meredith

15 minutes

Preparation Time

25 minutes

Cooking Time

8

Serves

INGREDIENTS

1 kg baby carrots, multi-coloured if possible 60 ml (1/4 cup) olive oil 180 g (1/2 cup) honey 60 ml (1/4 cup) sherry vinegar 1/4 cup roughly chopped parsley leaves Salt flakes and pepper, to taste

METHOD

- 1. Preheat oven on Moisture Plus with Fan Plus at 190°C with 1 manual burst of steam and follow the prompts.
- 2. Place carrots in a gourmet oven dish and toss in the olive oil. Place in the oven on shelf level 2, release burst of steam immediately and cook for 10 minutes.
- 3. While carrots are cooking, mix together the honey and sherry vinegar.
- 4. After 10 minutes add the sherry and honey mixture to the carrots and toss.

Continue to cook for a further 15 minutes, or until the carrots are nicely caramelised.

To serve

1. Place carrots on a serving dish, season with salt and pepper and garnish with baby parsley.