

Roasted Carrots with Fennel Seed

No need for a potato or starch with these hearty whole carrots. Toasted fennel seeds create a sweet and crunchy coating to the carrots – a yummy side dish to any entrée.

Ingredients

Whole carrots
Fennel seeds
Olive oil
Kosher salt, pepper



Preheat oven to 450°

Prep carrots: Peel one pound of whole carrots. Place on jelly roll pan. Pour 1-2T olive oil and 2T fennel seed over carrots. Sprinkle with salt and pepper.

Roast carrots: Place jelly roll pan in oven for 6 minutes. Open oven and shake pan carefully to rotate carrots and coat with oil and seeds. Roast for another 6 minutes until fork tender.

Prepare dish for serving: Allow carrots to cool slightly. Place carrots on plate. Spoon remaining roasted seeds and oil from the pan over the carrots.

