

What Katie ate...

ROASTED CARROTS WITH MAPLE BUTTER + THYME

YOU WILL NEED

1 cup pure maple syrup
1/4 tsp ground cinnamon
1/4 tsp ground ginger
1/4 tsp ground cumin
175g cold butter, chopped
750g baby carrots
Good quality extra virgin olive oil
1/2 tsp fresh thyme leaves,
Maldon sea salt flakes
Freshly ground black pepper
Extra thyme sprigs, to garnish

—

SERVES 4

What Katie ate...

ROASTED CARROTS WITH MAPLE BUTTER + THYME

Preheat oven to 200 °C/400 °F.

Add maple syrup, cinnamon, ginger and cumin to a medium saucepan. Heat over high heat and bring to a boil. Allow to boil for 20-30 seconds, then remove from heat and add butter, stirring constantly, until completely melted.

Pour mixture into the bowl of a stand mixer. On low speed beat, gradually increasing speed to high, beating until mixture is lightened and creamy, about 8-10 mins total.

Pour into a bowl, cover and refrigerate. Scatter carrots on a baking tray, splash with a good glug of olive oil, season well with salt and black pepper and sprinkle

thyme leaves on top. Cover with tinfoil and cook for 30 mins or until just tender. Remove the foil and cook for a further 10 mins until the carrots are caramelised.

Serve piping hot with a few knobs of maple butter on top and extra thyme leaves scattered over. You can also melt the butter and pour all over the carrots just before serving.