Parmesan Carrots with Hot Honey Greek Yoghurt

EASY • 35 MINS

Made for long lunches, backyard BBQs and a table full of friends, these Hot Chilli Honey parmesan-crusted carrots are an easy addition to your entertaining menu. Roasted until tender with golden, cheesy edges, they're finished with a creamy Hot Chilli Honey Greek yoghurt dip Serve warm with fresh basil and let everyone help themselves.

Recipe by: @adelaide.bites



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	25 mins	2-4

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Ingredients

Carrots

- 4 carrots, peeled and halved into thick slices
- 1 tsp olive oil
- 1 tsp paprika
- 1 tsp Capilano Hot Chilli Honey
- Salt and black pepper, to taste
- Grated parmesan, for coating
- Lupin flour, for coating (or chickpea flour or breadcrumbs)

Hot Honey Greek Yoghurt

- ¾ cup Greek yoghurt
- 1 tsp Capilano Hot Chilli Honey
- Garlic powder, to taste
- Onion powder, to taste
- Fresh basil, to serve

Method

1. Preheat oven to 200°C and line a baking tray.
2. Toss carrots with olive oil, paprika, Capilano Hot Chilli Honey, salt and black pepper.
3. Add a light sprinkle of lupin flour (or chickpea flour or breadcrumbs) and toss to coat.
4. Coat generously with grated parmesan, pressing gently so it sticks.
5. Place carrots flat side down on the tray and roast for 25 minutes, or until golden and crisp around the edges.
6. Meanwhile, mix Greek yoghurt, Capilano Hot Chilli Honey, garlic powder and onion powder until smooth.
7. Serve the carrots with the hot honey yoghurt and fresh basil.

Used in this recipe



Capilano Hot Chilli Honey

Available at

coles Woolworths

Honey with a Kick!

Capilano Hot Chilli Honey is crafted by our master honey blender, who expertly infuses premium Australian floral honey with firey flecks of habanero chilli to create a delicious, sweet heat.

Elevate Your Savoury Dishes

Seek out the taste of adventure of sweet and

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spicy with this hot honey on your pizza, wings, tacos, stir fries and Asian-inspired dishes. It's a convenient, fresh new way to add loads of flavour to any savoury dish.

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