Harissa Honey Glazed Carrots with Green Feta Sauce

EASY • 60 MINS

Step up your side dish game with this powerhouse of spicy-sweet, char-salt sensations. Sweet baby carrots are roasted in a harissa honey glaze and set abed a creamy swathe of charred spring onion, honey, herb and feta sauce. Just add bread to mop up the deliciousness!



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	50 mins	4-6

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Ingredients

Harissa Honey Glazed Carrots

- 2 bunches Dutch carrots, peeled with carrot leaves trimmed
- 1 tbsp extra virgin olive oil
- 1 tbsp harissa paste
- 3 tbsp Capilano Organic Raw Honey
- 2 tsp nigella seeds, toasted (or black sesame seeds)
- Salt and pepper, to serve

Charred Spring Onion and Feta Sauce

- 150g spring onions, ends trimmed
- Spray olive oil
- 100g Greek-style feta cheese, drained
- 1 cup packed cilantro leaves
- ½ cup packed parsley leaves
- 1 tbsp Capilano Organic Raw Honey
- Juice of ½ lemon
- 2 tbsp olive oil
- Salt and pepper, to taste

Method

1. Preheat oven to 200°C and line a baking tray with baking paper.

2. Spray spring onions with oil spray and evenly spread on baking tray. Roast for 20-25 mins until lightly charred. Cut into rough pieces and place in a food processor with all other sauce ingredients, blending until smooth. Allow to cool slightly, then chill in an airtight container until ready to serve.

3. To prepare carrots, combine the olive oil, harissa paste, honey, salt and pepper. Mix until well combined then reserve 2 tbsp of the mixture and set aside.

4. Toss carrots with remaining mixture and place on lined baking sheet. Roast for 20-25 mins until lightly charred on the tips.

5. To cook the cheese balls, heat 3cm oil in a large fry pan over medium-high heat. Fry balls in batches turning in the oil until golden on all sides (2-3 minutes). Remove and transfer to paper towel to drain.

6. To serve, spread ¼ cup of prepared green sauce on the base of a serving dish and top with warm carrots. Drizzle with reserved honey harissa mixture and sprinkle with nigella seeds to serve.

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!