



Sticky Honey Roasted Carrot Salad

By Chef Veera Gaul, Ph.D.



Ingredients

1 lb baby carrots, scrubbed and trimmed
3 tablespoons O&V [Unflavored EVOO](#) *
½ teaspoon red chili flakes
3 tablespoons O&V [Blackberry vinegar](#) *
1 teaspoon cumin powder (See Chef Note)
2 teaspoons honey
1 can (14 oz) chickpeas, drained, rinsed and patted dry
2 cups arugula
1 red serrano pepper, deseeded and thinly sliced
1 cup basil leaves
¼ cup sunflower or pumpkin seeds, toasted
Salt and pepper to taste

Citrus Crème

1/3 cup crème fraiche or sour cream
Zest of orange (1/2 an orange zested on a micro plane)
2 ½ tablespoons fresh orange juice

Preparation

Preheat the oven to 400F. Toss the carrots in a large roasting pan with the EVOO and chili flakes and a sprinkle of salt. Roast for 15 minutes and remove. In a bowl, mix the blackberry vinegar and cumin powder. Add the mixture to the carrots and toss well. Add the chickpeas and return to the oven for another 15 minutes until carrots are tender and starting to turn golden.

In the meantime, make the citrus crème by mixing together the crème fraiche/sour cream, orange zest and 1tablespoon of orange juice.

Remove the carrots from the oven and transfer to a bowl. Stir the honey and remaining 1½ tablespoon of orange juice into the juices left in the roasting pan. Combine well and pour over the carrots and chickpeas.

Toss in the arugula and sliced serrano chili till well mixed. Season with salt and pepper to taste. Serve topped with basil leaves, toasted seeds, and a drizzle of the citrus crème fraiche.

Serves 4

Total Time: 40 minutes

Chef Note

Ideally, to get the best cumin flavor, take a heaped teaspoon of cumin seeds, lightly dry toast them in a small pan over medium-low heat until they are slightly golden and aromatic. Then grind them to a powder with a mortar and pestle. This freshly roasted cumin powder will be far more flavorful and aromatic than store bought. If you use store bought cumin powder, you may wish to add an additional ½ teaspoon to the recipe.

Notes

* The [Blackberry vinegar](#) add a nice sweetness to the carrots. You can also use a **Blood Orange Balsamic**, or even an [Aged Balsamic](#). Many Oil & Vinegar stores carry the Blood Orange Balsamic and the Blackberry vinegar in-store.

Categories: Snacks & Sides, Soups & Salads, Vegetarian, Gluten Free, Dairy Free Option, Honey Roasted Carrots, Carrot & Chickpea Salad, Unflavored EVOO, Blackberry Vinegar, Aged Balsamic, Blood Orange Vinegar, Cumin, Honey, Orange Juice, Pumpkin Seeds, Fall Side, Sticky Carrots, Roasted Carrot Salad