



Recipe created by Roberta Asher
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Serves: 4 (1/2 cup per serve)

Time to prepare: 15 mins

Time to cook: 40 mins

Hands on time: 20 mins

Freeze: Yes

Ingredients

4 medium carrots (~ 500g)

1 brown onion

2 teaspoons extra virgin olive oil

Pepper

Chimichurri

1 bunch parsley

1 bunch coriander

1 clove garlic

1 tablespoon red wine vinegar

2 teaspoons extra virgin olive oil

Salt (¼ teaspoon or less) and pepper

NUTRITION INFORMATION

Per 1/2 cup serve

Energy	410 kJ / 100 cal
Protein	1.5 g
Carbohydrate	10 g
Dietary Fibre	5.5 g



Method

1. Preheat fan-forced oven to 180°C.

PREPARE

2. Wash the **carrots** well under cold running water and drain in a colander.
3. Cut off and discard the ends of the **carrots**, cut each of the 2 remaining carrots in half lengthways and then cut into pieces into 2 cm pieces. There is no need to peel them.
4. Remove the skin and cut the ends from the **onion** and discard. Cut the remaining onion into 6 wedges.

COOK

5. Toss **carrots** and **onions** in **extra virgin olive oil** and **pepper**. Spread them in a single layer on a baking tray lined with baking paper. Roast in the oven for 40 minutes, or until the carrots are soft and golden in colour

Chef's tip: You want to leave a bit of room around the pieces of vegetables so that cook and brown well. Stir the carrots and onions 1-2 times while they are cooking so that they brown all over.

6. While the carrots and onions are cooking make the chimichurri.

Make the Chimichurri

7. Wash the **coriander** and **parsley** and dry in a salad spinner or colander.
8. Roughly cut the **parsley** and **coriander** bunches down to where the leaves end. Discard the remaining stems or chop up and add to a stew or soup.
9. Crush the **garlic** in a garlic crusher or finely minced on a handheld grater.
10. Put the **parsley** and **coriander** leaves, **garlic**, **red wine vinegar** and **extra virgin olive oil** in the chopper attachment of a hand-held blender.
11. Blend until smooth, add 2-4 teaspoons **water** as needed to help it blend.
12. When the **carrots** and **onions** are cooked puree them in batches in the small processor attachment of a stick blender or use a blender.

Safety tip: Be very careful when pureeing hot food as the steam can cause the food to spray everywhere! Let the food cool down a little before blending so that steam is no longer rising. Do not fill the jug or bowl more than halfway. Start the blender on the lowest setting possible. If you can, remove the small insert in the top of the lid. You can use a clean folded tea towel over the remaining hole in the lid to stop the puree from spraying out the lid.

13. Add the chimichurri to the carrot puree, and mix well. Add pepper and salt to taste.
14. Serve with 'free' vegetables as dipping sticks.

Tip for you: Serve steamed, roasted or BBQ 'free vegetables' with dollop of chimichurri for extra flavour.

Tip for the family: Serve the chimichurri alongside cooked meat, poultry or seafood and some roast, BBQ or steamed vegetables for an easy and tasty meal.

