

Roasted Cauliflower and Carrots with Lemon Tahini Sauce

This week I received an abundance of carrots in my CSA delivery. In search of something different I came across this dish from one of my favorite Instagram Bloggers. Not only could I make special use of those gorgeous fall harvest carrots but I also got to enjoy some of my all time favorite flavor combo cauliflower and tahini. Not only was it delicious but, once plated, it looks amazing!

Ingredients

1 pound carrots, cut on the bias into thick slices
1 pound cauliflower, cut into florets
2 to 3 shallots (or garlic) , thinly sliced
1 1/2 tablespoons olive oil
3/4 teaspoon ground coriander seeds
1 teaspoon dried thyme leaves
3/4 teaspoon salt (or to taste)
2 tablespoons finely grated nut based parmesan or nutritional yeast (optional)
1/3 cup of organic golden raisins, coated in 1/2 teaspoon olive oil
Lemon tahini sauce (below)
3 tablespoons ground raw pistachios
3 tablespoons chopped cilantro

Lemon Tahini Sauce

1/4 cup tahini
3 tablespoons lemon juice
3 tablespoons water
1/4 teaspoon salt, or to taste

Whisk everything together until it smooths out into a salad dressing. This makes twice as much sauce as you need for the following recipe, but you can easily cut it in half (or store the other half in the refrigerator for about 1 week).

Cooking Instructions

Preheat the oven to 425° F.

Place the carrots, cauliflower, and shallots on a sheet pan. Combine the olive oil, ground coriander, thyme, and salt, and then pour it over the veggies. Use your hands to coat everything evenly, and spread the veggies into a single even layer. Sprinkle with parmesan. Set the raisins aside for later.

Roast the veggies for about 15 to 20 minutes, until the cauliflower begins to char. Sprinkle the raisins on in the last 2 to 3 minutes of roasting. While everything's roasting, throw together the tahini sauce.

Move the veggies to a serving bowl, drizzle with tahini sauce, sprinkle with pistachios and cilantro, and enjoy!

Considering serving this alongside a salad of mixed greens and this Perfect Pot of Rice.

This recipe was adapted from Cardamom and Tea