



Sesame root vegetables

Super simple and great accompaniment to any protein with dinner (add some greens on the side).
Serves 4. Per serve: Cal: 134; Fat: 6.7g; Pro: 3.5g; Carbs: 12.1g

Serves: 4, Prep time: 00:05, Cook time: 00:20

Instructions

Preheat oven to 200 degrees Celcius and line a baking tray with baking paper.

Chop butternut (with skin on) and carrots into similar sized pieces and put into a mixing bowl.

Add the EVOO and sesame oil and toss to well coat the vegetables.

Transfer vegetables to the baking tray. Sprinkle over seeds and salt.

Bake in oven until cooked through and golden.

Ingredients

- 400 grams Butternut pumpkin
- 400 grams Carrot
- 1.5 tablespoon Extra virgin olive oil
- 1 teaspoon Sesame oil
- 1 tablespoon Sesame seed
- 1 teaspoon Salt, Himalayan