

## Roast sweet potatoes and carrots spiced with cumin and fennel recipe

### Ingredients

- 3 garlic cloves
- 1½ tbsp each coriander seeds and fennel seeds
- 1 tsp ground cumin
- 4 tbsp olive oil
- 4 medium (about 600g) sweet potatoes, cut into 1cm rounds
- 4 medium (about 400g) carrots, cut into 2.5cm chunks



### Method

1. Preheat the oven to 200°C/fan 180°C/gas 6. Place the garlic in a pestle and mortar with a pinch of salt and crush to a paste.
2. Toast the coriander and fennel seeds in a dry non-stick frying pan for about 30 seconds, until fragrant. Add the seeds to the pestle and mortar with the cumin and grind together, crushing the spices and releasing their aroma. Pour in the olive oil and mix together.
3. Put the vegetables in a large baking tray and toss in the oil and spice mixture. Roast for 30-35 minutes, until slightly charred and golden.