

ENJOY

SKINNY CARROT FRIES RECIPE



AN EAT
Green
SIDE DISH

SKINNY CARROT FRIES RECIPE

These crispy baked carrots with tarragon taste just fantastic, and are much healthier than normal fries.

10 mins prep time

45 mins cooking time

SERVES 2

INGREDIENTS

500g organic carrot

1 tablespoon cornflour

1 tablespoon olive oil

1 teaspoon finely chopped tarragon

A sprinkle of black pepper

METHOD

Preheat the oven to 200c/180c fan/gas 6.

Shape the carrots into fries by slicing them into chunks and then chopping the chunks in half again (We usually do them about 1cm thick)

Mix with corn flour and a little black pepper.

Toss with vegetable oil before spreading in a single layer on a baking tray lined with parchment and bake for 40-45 mins, turning halfway.

You can add a little sprinkle of herbs with the tarragon and toss through the cooked fries.

SIDE DISH RECIPE
FROM OUR BEANS EAT GREEN COOKBOOK
www.amazon.co.uk

*Green
Beans*