



RECIPE COURTESY OF FOOD NETWORK KITCHEN

# Roasted Carrots with Za'atar

*Here's a simple yet impressive vegetable side that will feed a crowd. Halved carrots are tossed with olive oil and roasted until browned and tender, then topped with a sprinkling of **za'atar**\*, the Middle Eastern spice mix whose nutty, earthy notes pair beautifully with the carrots' natural sweetness.*

- Level: Easy
- Total: 20 min
- Cook: 20 min

## Directions

1. Preheat 2 baking sheets in a 450 degree oven. Quarter 4 pounds carrots lengthwise and toss with 1/4 cup olive oil and 3/4 teaspoon each salt and pepper. Spread on the hot baking sheets and roast until browned, 18 to 20 minutes. Toss with 4 teaspoons za'atar (a spice blend available at Middle Eastern markets), 3 tablespoons chopped parsley and the juice of 1 lemon.

Za'atar Spice Mix

Recipe Author: Cookie and Kate [HTTPS://COOKIEANDKATE.COM/ZAATAR-SPICE-BLEND-RECIPE/](https://cookieandkate.com/zaatar-spice-blend-recipe/)



## INGREDIENTS

- 2 tablespoons dried oregano, preferably Greek or Turkish
- 2 tablespoons sumac
- 2 tablespoons sesame seeds
- 1 tablespoon dried marjoram or additional oregano
- 1 tablespoon dried thyme
- 1 teaspoon fine sea salt

## INSTRUCTIONS

1. Simply combine all of the ingredients in a bowl or jar, and stir to combine.
2. For enhanced flavor, warm the spices together in a medium skillet over medium heat, until fragrant and the sesame seeds are starting to turn golden. Remove from the heat and transfer to a bowl to cool. (Skip this step if you will be baking your za'atar on pita bread, which essentially does the same thing.)
3. Store za'atar in an air-tight container at room temperature for up to 1 month.

## NOTES

*Recipe roughly adapted from [Zaitoun](#) by Yasmin Khan.*

**SERVING SUGGESTIONS:** Mix za'atar with olive oil and spread it over pita bread (or pita dough) before baking. Mix it with olive oil and drizzle it over labneh, Greek yogurt or hummus. Roll extra-thick rounds of labneh or a log of goat cheese in the dry spice mixture. Use the olive oil mixture as a marinade, or the plain spice blend as a dry rub.

**OLIVE OIL RATIO:** Two parts za'atar to one part olive oil will yield a thick, spreadable consistency. Equal parts yields a drizzly sauce.