



SESAME CARROT FRIES

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

- 450g **carrots**, peeled and cut into fries
- 1 tbsp **corn flour**
- 1 tbsp **olive oil**
- 2 tbsp **sesame seeds**
- 1 tub (200g) Hummus

INSTRUCTIONS

Preheat oven to 220°C/425°F/Gas 7. Lay a baking tray with baking paper.

Mix carrots with corn flour, then toss through the olive oil and sesame seeds. Bake for 40 - 45 minutes or until crispy, flipping halfway.

Sprinkle with sea salt and eat them while they're hot.

MACROS PER PORTION

CALORIES	235	PROTEIN	5
CARBS	20	FATS	15
FIBRE	7		