

Glazed Carrots with Shoulder Roast

Ingredients for 4+

- 1 large bunch **carrots**
- 2 tbsp **honey**
- 1 **shoulder roast**
- 1-2 heads broccoli
- 1/4 cup golden raisins
- 2 tbsp tahini
- 2 tsp ground sumac
- 2 star anise
- 1+1 small garlic clove
- 1 tbsp sesame oil
- 3+1 tbsp olive oil
- 1 tbsp butter
- Salt and pepper



***Look for bold ingredients at the market.**

Directions

1. *For the meat*, mix 1 tbsp olive oil with 1 minced garlic clove and salt and pepper and brush shoulder roast with the mixture. Roast in oven for 20 min at 220° C, turn oven down to 160° C and slow roast for about 4 hours.
2. *For the dressing*, whisk together the tahini, 1 tbsp cold water, 1 1/2 tbsp lemon juice and 1 minced garlic clove and drizzle in 1 tbsp olive oil until runny. Season with salt and pepper.
3. *For the broccoli*, heat 2 tbsp olive oil in a pan and separate broccoli into florets. Cook until almost tender. Add the raisins and 1 tbsp water and cook for 2 more minutes. Season with salt and pepper.
4. *For the carrots*, quarter carrots lengthwise and fry in 1 tbsp olive oil with star anise at medium heat for about 8 minutes. Add butter and melted honey and toss at low heat for another 2 minutes, then season with salt and pepper.
5. Serve everything together, with dressing drizzled over broccoli.