

Romanesco and Honey Glazed Carrots

Ingredients for 4+

1-2 heads **romanesco** (or broccoli)

1 **lemon**

1 large bunch **carrots**

2 tbsp **honey**

1 **shoulder roast** or 4 **fish filets**

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. Alternatively, season fish filets and pan-fry when vegetables are prepared.
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 romanesco*, heat 2 tbsp olive oil in a pan and cut romanesco into chunks. 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 romanesco.