

Carrot parmesan fries with garden herbs

Ingredients

4 large carrots cut into Julienne to resemble fries

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup semolina

$\frac{1}{4}$ cup grated parmesan cheese

Garden herbs – finely chopped

$\frac{1}{2}$ teaspoon paprika

$\frac{1}{2}$ teaspoon sumac

2 tablespoons olive oil

What to do

1. Place julienne carrots into a large bowl.
2. Add all herbs, spices, salt, parmesan cheese, semolina and olive oil and mix well with your hands.
3. Arrange the carrot fries in a single layer on a baking tray.
4. Bake for 10-12 minutes in a hot oven turning during cooking, until tender and golden-brown all over. Serve hot.