

Carrot parmesan fries with garden herbs

Prep time 15 minutes
cooking time 15 minutes
serves 4 persons

Ingredients

4 large carrots cut into julienne to resemble fries
½ teaspoon salt
¼ cup semolina
¼ cup grated parmesan cheese
¼ cup garden herbs – finely chopped
1 teaspoon sweet paprika
1 teaspoon sumac
½ teaspoon cumin
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 15 minutes in a hot oven turning during cooking, until tender and golden-brown all over. Serve hot.