

Foodnity Recipes

Honey Caramelised Carrots With Whipped Feta

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb carrots, peeled and cut into sticks
- [ ] 2 tbsp honey
- [ ] 1 tbsp olive oil
- [ ] 1 tsp fresh thyme leaves
- [ ] Salt and pepper to taste

Whipped Feta Topping

- [ ] 6 oz feta cheese, crumbled
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp lemon juice
- [ ] Pinch of black pepper

Instructions

1. Preheat a large skillet over medium-high heat; add olive oil and let it shimmer.
2. Add the carrot sticks, sprinkle with a little salt, and sauté for 3-4 minutes until they start to soften.
3. Drizzle honey over the carrots, toss well, and continue cooking, stirring occasionally, until the carrots are glossy and caramelised, about 8-10 minutes. Add thyme during the last minute.
4. Meanwhile, combine feta, olive oil, lemon juice, and pepper in a bowl; whisk until light and fluffy.
5. Transfer the carrots to a serving dish, spoon the whipped feta over the top, and finish with an extra drizzle of honey and a few thyme leaves.

Nutrition per serving

210 kcal	5 g	24 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the honey begins to darken too quickly, lower the heat and keep stirring.
- Taste the carrots before plating; a pinch of sea salt can brighten the sweetness.
- For a vegan version, substitute feta with a creamy cashew spread.