

VeraVia Roasted Carrot Noodles

Serves 4

Ingredients:

2 lbs. carrots, peeled and trimmed (option to use ½ parsnip)
2 tbsp. extra virgin olive oil
2 tsp. fresh thyme, minced
1 tsp. honey
salt and pepper

Method:

1. Spiralize carrots into 12 inch length.
2. Toss with 1 tbsp. oil, thyme, honey, 1 tsp. salt and ½ tsp. pepper on a baking sheet. Cover carrot tightly with foil and roast for 15 minutes. Remove foil and continue to roast till tender, 10-15 minutes.
3. Transfer to bowl and drizzle with remaining tbsp. of oil. Season to taste and serve.