



CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



# ROASTED VEGGIES WITH CARROT SEED ESSENTIAL OIL





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**SERVES** 4 - 6   **PREP TIME** 15 minutes   **ROASTING TIME** 45 - 55 minutes

## A NOTE FROM CHEF KATE

*“These roasted veggies are easy to make and great as a side dish or a vegetarian main. They are also wonderful chilled for a salad the next day. The mixture of coconut oil and Young Living Carrot Seed essential oil adds to the delightful flavours of the vegetables.”*

## INGREDIENTS

- 4 Medium carrots, peeled
- 2 Parsnips, peeled and cut in half lengthwise
- 1 Medium sweet potato
- 1 Potato, cut in thick lengthwise pieces
- 1 Large red or white onion
- 2 tbsp. Melted coconut oil
- 1-2 drops Young Living Carrot Seed essential oil, to taste
- Sprigs of fresh thyme and/or rosemary *Optional*
- Sea salt or Himalayas salt and pepper, to taste



## METHOD

1. Preheat your oven to 180°C and prepare a large baking sheet by lining with baking paper.
2. Prep your vegetables by peeling those required, then cut them lengthwise, in half or in 4 pieces if they are large. If you can find baby carrots, leave them whole and trim the tops a little. Leave the skin on the onion and cut in 4 - 8 pieces lengthwise.
3. Once the veggies are prepped, place them in a large bowl. Mix the coconut oil with the Carrot Seed essential oil and pour over the veggies. Sprinkle with salt, pepper and a few sprigs of thyme and/or rosemary and gently mix to coat well.
4. Place the veggies on the baking tray and spread them around to allow them to cook evenly. Put them in the oven and roast for about 45 - 55 minutes or until they are cooked through and golden. You can place the tray under the broiler for the last 1 - 2 minutes to brown them, if needed.
5. Remove from the oven and sprinkle with a little more salt and pepper. Serve immediately or allow to cool and serve at room temperature or chilled the next day. They will keep for up to 4 days refrigerated.

**NOTE:** You can use any combination of veggies you like. Here are a few suggestions to get you started in addition to the ones in the recipe: beetroot, turnip, eggplant, zucchini, capsicum and pumpkin (cut pumpkin in thick slices).

You will need enough veggies to cover a large baking tray, but don't crowd them to ensure they roast properly. Leaving the skin on the onion helps to hold it together while roasting - but *do not* eat the onion skin!