

Zucchini Bread Recipes

Mediterranean Burrata Roasted Carrot Board

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ball of burrata (about 8 oz)
- [ ] 4 large carrots, peeled and cut into sticks
- [ ] 1 cup hummus (store-bought or homemade)
- [ ] 1/4 cup pine nuts, toasted
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 lemon, zest and juice
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 4 pieces warm pita bread, cut into wedges

Optional Extras

- [ ] A pinch of smoked paprika
- [ ] Fresh herbs such as mint or parsley, chopped

Instructions

1. Preheat the oven to 400°F (200°C). Toss carrot sticks with olive oil, salt, and pepper, then spread on a baking sheet.



2. Roast carrots for 25-30 minutes, turning halfway, until they are golden-brown and caramelized. Remove and let cool slightly.



3. While carrots roast, place the pine nuts in a dry skillet over medium heat; toast for 2-3 minutes until fragrant, then set aside.



4. Arrange the burrata at the center of a large board, fan the roasted carrots around it, dollop hummus in a small bowl, sprinkle toasted nuts, drizzle lemon juice, and add pita wedges.



5 Finish with a light drizzle of olive oil, zest of lemon, and a scattering of fresh herbs if desired. Serve immediately.



Nutrition per serving

410 kcal	14 g	28 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If carrots start to brown too fast, lower the oven temperature by 25°F.
- Let the burrata sit at room temperature for 10 minutes before serving for optimal creaminess.
- Adjust lemon and salt to taste after plating.