



CARROT CHIPS

Prep Time 5 minutes / Cooking Time 10 minutes / Serves 2-3

INGREDIENTS

1 bag **Just Veg. Carrot Sticks**
Olive oil spray
¼ tsp salt
¼ tsp paprika
2 tbsp semolina

Garlic Aioli (optional)

2 cloves garlic
¼ tsp salt
½ cup of mayonnaise
2 tbsp olive oil
1 tbsp fresh lemon juice

METHOD

Preheat the grill inside your oven.

Place semolina, salt and paprika into a cup and combine.

Place **Just Veg. Carrot Sticks** on baking paper lined tray.

Spray with olive oil and sprinkle over the semolina mixture.

Grill for 5-10 minutes (depending on how hot your grill gets, just keep an eye on the carrots) until the tops begin to colour.

Serve as a snack, or as an accompaniment to your lunch or dinner.

Dip your carrot chips in this simple **Garlic Aioli**

Mash garlic and mix with salt until a paste forms. Whisk in mayonnaise, olive oil and fresh lemon juice.

Season with salt & pepper.



DOWNLOAD OUR *Free Recipe Book*
at WWW.JUSTVEG.COM.AU



Just Veg. is a range of cut carrot products produced by KalFresh Vegetables. The range is available exclusively from Woolworths Supermarkets and reduces food waste by using the carrots which aren't supermodels.

WWW.JUSTVEG.COM.AU



CARROT & COCONUT SAVOURY CAKES

Prep Time 20 minutes / Cooking Time 25 minutes / Makes 6

INGREDIENTS

2 x 300g bags **Just Veg. Carrot Shred**

2 cloves garlic, chopped
2 green shallots, chopped
2 tsp chopped thyme leaves
Sea salt and cracked pepper
2 tbs coconut oil
2 eggs, lightly beaten
3 Roma tomatoes, halved
Micro herbs to serve
100g rocket leaves to serve
Lemon cheeks to serve

Lemon Mayonnaise

2 tbs mayonnaise
1 tbs lemon juice

METHOD

Preheat oven to 180°C or 160°C fan-forced.

Spray a six hole half-cup capacity muffin tin with cooking oil. Line the bases with a small circle of baking paper. Line an oven tray with baking paper.

Combine **Just Veg. Carrot Shred**, garlic, shallot, thyme in a medium-sized bowl and season with salt and pepper.

Heat coconut oil in a large non stick frypan over high heat, add carrot mixture, and stir for 2-3 minutes until softened.

Cool, add egg and stir to combine.

Divide carrot mixture evenly among muffin holes, pressing firmly into the base.

Bake for 15-20 minutes until golden.

Place tomatoes cut side up onto prepared tray and season with salt and pepper.

Roast for 15 minutes until soft and golden.

In a small bowl combine mayonnaise and lemon juice and stir.

Top carrot cakes with roasted tomatoes and micro herbs and serve with rocket leaves and lemon cheek.

Drizzle with lemon mayonnaise dressing and serve.



Only at Woolworths 



ANNIE'S CARROT CAKE

Prep Time 10 minutes / Cooking Time 45 minutes / Serves 8

Annie Rieck has been growing carrots in the Fassifern Valley for more than two decades. Her carrot cake is highly-regarded throughout the district. She first developed this recipe as a way to use the many carrots growing in the paddocks around her house.

INGREDIENTS

1½ cups of **Just Veg. Carrot Shred**
½ cup of walnuts
2 eggs
1 cup caster sugar
¾ cup oil (olive or vegetable)
½ tsp vanilla
1 cup plain flour
1 tsp bi-carbonate soda
½ tsp salt
1 tsp mixed spice (more if you want)

METHOD

Combine the eggs, sugar, oil and vanilla and beat with an electric mixer.
Sift the flour, bi-carbonate soda, salt and spice and add to the mixture.
Mix well.
Stir in the Just Veg. carrot shred.
Pour the mix into a 20cm ring or round tin and bake in a moderate (180°C or 170°C fan-forced) oven for 45 minutes.

Choose your preferred icing.

CREAM CHEESE FROSTING

30 grams of butter
60 grams of cream cheese
Grated lemon rind to taste
1½ cups of sifted icing sugar
Mix ingredients and ice the cooled cake.

LEMON FLAVOURED BUTTER ICING

¾ cup of icing sugar
1 tbsp of butter
Lemon essence to taste
A capful of milk
Beat well and ice the cooled cake.

Just Veg. is a range of cut carrot products produced by Kalfresh Vegetables. The range is available exclusively from Woolworths Supermarkets and reduces food waste by using the carrots which aren't supermodels.



www.kalfresh.com.au

Kalfresh Vegetables is a vegetable farming, packing and marketing company located in the Scenic Rim, 100km south-west of Brisbane Queensland. Kalfresh is owned and run by farmers who are passionate about creating the freshest, tastiest, nutrient-rich produce possible. We love all vegetables but we're really hooked on carrots, green beans, pumpkin and onions.