



Carrot Chips in the oven

10'

Hands on

45'

Cook Time

2-4

Portion(s)

1

Difficulty



Ingredients

- 500 g carrots
- 1 tablespoon corn starch
- 1 tablespoon olive oil
- black pepper
- salt
- 1 teaspoon estragon, finely chopped
- [spicy avocado dip](#), for serving

Διατροφικός πίνακας

Nutrition information per portion

86 Calories (kcal)	2.1 Total Fat (g)	0.4 Saturated Fat (g)	14.0 Total Carbs (g)
4%	3%	2%	5%
8.7 Sugars (g)	0.6 Protein (g)	5.0 Fibre (g)	0.21 Sodium (g)
10%	1%	20%	4%

Method

- Preheat oven to 180* C 9350* F) Fan.
- **Chop** the carrots in to thin 1 cm sticks (like fries).
- In a plate, combine the corn flour with enough black pepper according to your preferences.
- Dredge the carrot sticks in the mixture and drizzle with olive oil.
- Spread them out in a [baking pan](#) lined with parchment paper.
- Bake for 40-45 minutes, turning them over halfway through cooking time.
- When ready, remove from oven.
- Combine some salt with the estragon and sprinkle over carrots.
- Serve with spicy [avocado dip](#).