

Plate Dream

Mediterranean Burrata Roasted Carrot Board

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Components

- [ ] 8 oz burrata cheese, whole
- [ ] 4 large carrots, peeled and cut into sticks
- [ ] 2 tbsp honey
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp cracked black pepper
- [ ] 1/4 cup hummus (store-bought or homemade)
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp chopped fresh basil
- [ ] 1 tbsp toasted pine nuts (optional)

Instructions

1. Preheat the oven to 400°F (200°C). Toss carrot sticks with olive oil, honey, sea salt, and pepper; spread on a baking sheet.
2. Roast carrots for 20-25 minutes, turning once, until they develop golden edges but remain slightly firm.
3. While carrots roast, place the burrata on a large serving board, drizzle with a little olive oil and let sit at room temperature.
4. When carrots are done, arrange them around the cheese, add a generous dollop of hummus, sprinkle lemon juice, fresh basil, and pine nuts.
5. Serve immediately, encouraging guests to scoop burrata with carrots and hummus, enjoying the contrast of warm and cool.

Nutrition per serving

420 kcal	14 g	30 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a savory glaze, substitute honey with a touch of balsamic reduction.
- Use a warm plate to keep the burrata soft longer.
- Add a few olives or capers for an extra briny pop.