



Sesame Roasted Roots with Peanut Sauce

Dinner

Cook Time: 40 minutes **Servings:** 4–6 servings **Source:** theculinarygym.com

INGREDIENTS

FOR ROASTED ROOTS

- 1 tablespoon coriander seeds
- 2 tablespoons black sesame seeds
- 1 navel orange, juiced (about ¼ cup)
- 2 tablespoons peanut or almond butter (optional)
- 1 large sweet potato, sliced
- 1 large rutabaga, sliced
- 1 large turnip, sliced
- 2 parsnips, sliced

FOR PEANUT SAUCE:

- 2 navel oranges, juiced (about ½ cup)
- ½ cup peanut or almond butter
- 1–2 inches of fresh ginger, peeled
- 1 tablespoon tamari (optional)
- ¼ teaspoon red pepper flakes, or more to taste

DIRECTIONS

Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper.

Add coriander to a coffee or spice grinder. Pulse a few times so the seeds are partially ground. Then mix them with the sesame seeds.

In a small blender, add the orange juice and nut butter. Blend until smooth and then pour into a container large enough to dip the vegetables into.

Fully dip the sliced roots into the sauce and then lay them on a single layer across the prepared baking sheet. Sprinkle the sesame and coriander seeds over the vegetables.

Bake until they are lightly crisped and soft in the middle, about 30 minutes.

In a small blender, add all of the peanut sauce ingredients. Blend until creamy. Serve the roasted roots with the peanut sauce on the side or drizzled over top.