

Treasure Barrel

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 Ingredients

- [ ] 1 ball fresh burrata (about 8 oz)
- [ ] 4 large carrots, peeled and cut into sticks
- [ ] 2 tbsp honey
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1/2 cup smooth hummus
- [ ] 4 pieces pita bread, sliced into wedges

For the Finish

- [ ] Fresh rosemary sprigs
- [ ] Flaky sea salt
- [ ] Lemon wedges (optional)
- [ ] A pinch of smoked paprika

Instructions

1. Preheat the oven to 400°F (200°C). Toss carrot sticks with olive oil, honey, and a pinch of salt; spread on a baking sheet.
2. Roast carrots for 20-25 minutes, turning once, until they are tender and lightly caramelized.
3. While carrots roast, warm pita wedges in a dry skillet for 2-3 minutes per side until just crisp.
4. Arrange the burrata at the center of a board, place hummus in a small bowl, fan out the roasted carrots, and scatter pita wedges around.
5. Drizzle the board with a little more olive oil, sprinkle rosemary, flaky sea salt, and a dusting of smoked paprika. Serve with lemon wedges if desired.

Nutrition per serving

430 kcal	15 g	30 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of heat, add a pinch of red pepper flakes to the carrots before roasting.
- The board can be assembled up to an hour ahead; keep the burrata covered and the carrots warm.
- For extra shine, brush the carrots with a quick glaze of honey and oil just before serving.