

# Spicy Carrot Fries

Recipe By *Brynie Greisman*



Cooking and Prep:  40  
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Serves:  4

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Passover

**Diet:** Vegetarian, Pescetarian,

Gluten Free, Sugar Free

**Source:** Family Table by

Mishpacha Magazine

I'm always on the lookout for alternatives to carb-laden sides. When I tested this recipe, the fries were gone within minutes. It's spicy, but not overwhelmingly so, and it has a soft inside with a crispy exterior. You can take it up a notch and serve them with the dipping sauce, but they're totally awesome on their own, too.

Make much more than you estimate you'll need!

## Ingredients (13)

### Carrot Fries

- 6 large carrots
- 1 and 1/2 – 2 tablespoons olive or walnut oil
- 1 teaspoon paprika
- 2 cloves garlic, crushed or 2 cubes [Gefen Frozen Garlic](#)

- scant 1/4 teaspoon cayenne pepper
- salt, to taste
- pepper, to taste
- 3 tablespoons ground almonds

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## Dipping Sauce

- 2 tablespoons Gefen Ketchup
  - 2 tablespoons Gefen Mayonnaise
  - 1/4 teaspoon Gefen Honey
  - 1/4 teaspoon freshly squeezed lemon juice
  - pinch cayenne pepper
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## Start Cooking

### Prepare the Carrot Fries

1. Preheat oven to 425 degrees Fahrenheit (220 degrees Celsius).
2. Cut carrots in half widthwise, and cut each half into quarters. (Each carrot makes eight fries.) Put them into a medium-sized bowl.
3. Add the oil, paprika, garlic, cayenne pepper, salt, and pepper. Toss to coat evenly.
4. Spread carrots in a single layer, on a Gefen Easy Baking Parchment-lined baking sheet. There should be enough space between them for them to bake properly and crisp up.
5. Bake for 15 minutes. Flip the fries over, sprinkle lightly with ground almonds, and return to oven for another 10 minutes, until crisp and getting brown.

### Prepare the Dipping Sauce

1. In a small bowl, whisk together all sauce ingredients. Taste and adjust seasoning if necessary.

### Credits

Photography: Hudi Greenberger

Food Styling: Janine Kalesis