

Roasted Carrot Lettuce Wraps with Avocado



Everest



PREP TIME

15 mins

COOK TIME

30 mins

TOTAL TIME

45 mins



SERVINGS

4 people

CALORIES

210 kcal

INGREDIENTS

- 4-5 large carrots peeled and cut into thin matchsticks
- 2 tbsp olive oil
- 1 tsp cumin ground
- 1/2 tsp paprika smoked
- 1/4 tsp ginger ground
- pinch salt and pepper to taste
- 1 ripe avocado sliced
- 1/2 lemon juice
- 1 head Bibb or romaine lettuce leaves separated, washed
- 1 pinch sesame seeds (optional)
- 1 radish thinly sliced (optional)
- 1 bunch fresh cilantro chopped (optional)
- 1 drizzle tahini (optional)

INSTRUCTIONS

1. **Roast the Carrots:** Preheat your oven to 400°F (200°C). Toss the carrot matchsticks in olive oil, cumin, paprika, ginger, salt, and pepper. Spread them out on a lined baking sheet and roast for 25–30 minutes, flipping halfway through, until they're tender and caramelized

on the edges.

2. **Prep the Avocado:** While the carrots roast, slice your avocado and squeeze fresh lemon juice over it to prevent browning and add a little zing.
3. **Assemble the Wraps:** Lay out your lettuce leaves on a platter. Spoon roasted carrots into the center, add 2–3 slices of avocado, and sprinkle with any toppings you love. A light tahini drizzle takes it to another level!
4. **Serve and Enjoy:** Serve immediately while the carrots are still warm, or let everything cool for a refreshing cold wrap. These make a perfect lunch, light dinner, or fun party appetizer.

NOTES

Estimated Nutrition (per 2 wraps):

- **Calories:** ~210
- **Protein:** 3g
- **Fiber:** 6g
- **Healthy fats:** 11g
- **Vitamin A & C:** Through the roof (thank you, carrots and lettuce!)

