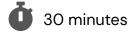




Thai Pesto Carrot Salad

Sweet roast carrot and mushroom salad with peppery rocket leaves and punchy Thai pesto dressing, finished with sunflower seeds.







Spice it up!

If you don't like ground cumin you can use ground coriander instead! You could also use chopped lemongrass or kaffir lime leaves to add flavour to your vegetables.

16g

30g

FROM YOUR BOX

CARROTS	2
RED ONION	1/2 *
MUSHROOMS	200g
THAI PESTO	1 tub
PEAR	1
ROCKET LEAVES	1 bag (80g)
SUNFLOWER SEEDS	1 packet (20g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar, ground cumin

KEY UTENSILS

oven tray

NOTES

Allow the roast vegetables to cool slightly before tossing. This will prevent the leaves from wilting.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut the carrots into angular pieces. Wedge onion. Halve mushrooms. Toss together with 1 tsp cumin, oil, salt and pepper on an oven tray. Roast for 20–25 minutes until tender and cooked through.



4. FINISH AND PLATE

Divide salad among shallow bowls. Spoon over dressing to taste.



2. PREPARE THE DRESSING

Combine pesto with 1 tbsp white wine vinegar and 1 tbsp water. Season with salt and pepper to taste.



3. FINISH THE SALAD

Slice pear. Toss with rocket leaves, sunflower seeds and roast vegetables.





