




### Product Spotlight: Carrots


Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



## 4 Thai Pesto Carrot Salad

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

 30 minutes

 2 servings

 Plant-Based

25 January 2021

### 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.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 31g **CARBOHYDRATES** 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.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

