




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

 4 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** 11g **TOTAL FAT** 27g **CARBOHYDRATES** 28g

FROM YOUR BOX

CARROTS	4
RED ONION	1/2 *
MUSHROOMS	400g
THAI PESTO	2 tubs
PEARS	2
ROCKET LEAVES	1 bag (200g)
SUNFLOWER SEEDS	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, 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 **2 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 **2 tbsp white wine vinegar** and **2 tbsp water**. Season with **salt and pepper** to taste.



3. FINISH THE SALAD

Slice pears. 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**

