

ROASTED CARROT, SPINACH & FETA SALAD

INGREDIENTS

- 1 bunch carrots, peeled and cut into chunks
- 1 red onion, cut into wedges
- 1 red pepper, deseeded and cut into wedges
- 4 Tbsp olive oil
- 2 whole cloves garlic
- 3 Tbsp pumpkin seeds
- 1 tsp cumin seeds
- Juice of half a lemon
- 1 tsp runny honey
- salt and freshly ground black pepper
- 100g baby spinach leaves
- 100g feta cheese
- 2 Tbsp chopped fresh mint



TURN OVER FOR FULL RECIPE ↩

METHOD

Preheat the oven to 220°C.

Place the carrots, onion, pepper and half the oil in a large roasting tin. Season well. Toss together until everything is coated in oil. Roast for 15 mins. Stir in the seeds and garlic and roast for a further 10 mins until the carrots are just tender but still have a bit of bite.

Remove the vegetables from the oven and remove the garlic cloves. On a chopping board, slip the garlic from the papery skin and using the blade of a knife work it to a smooth paste. Put the garlic paste in a small bowl with the remaining oil, lemon juice and honey and whisk together with a fork. Season to taste with salt and pepper.

Empty the spinach leaves into a large serving bowl, then add the roasted vegetables, feta cheese, chopped mint and pour over the dressing. Toss lightly together until mixed.

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