

*Roasted baby carrot, cumin seeds, beans, citrus
and cow feta salad with toasted almonds.
Served with Manuka smoked NZ farmed salmon.*

Recipe by Chef Marc Soper



So sweet. So fresh. So tasty!

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Ingredients

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Serves 6

- 400g So Sweet carrots, blanched and refreshed
- 2 fresh orange or grapefruit
- 50g fresh beans, trimmed
- 50g mung beans
- 50g cow's milk feta cheese crumbled
- 2 tbsp blanched whole almonds, toasted and crushed coarsely
- 5 sprigs fresh mint, sliced thinly
- 50g baby leaf mix or wild watercress
- 50ml extra virgin olive oil
- 20g manuka honey
- 1 tsp cumin seeds
- Flaky salt and cracked black pepper as required

Method

1. Place the blanched carrots into a roasting tray and drizzle with oil and season with cumin seeds, flaky salt and cracked pepper, and roast in the oven for approx. 10 minutes at 195 degrees C until caramelised slightly. Remove and allow to cool slightly on the bench. Boil some water, add a little salt and blanch and refresh the beans, draining well after they are cooled.
2. Segment the citrus and put into a bowl with the beans, mung beans and toasted crushed almonds. Make a dressing from the juice squeezed from the citrus pulp left over, place into a bowl and mix with the honey over a low heat, add oil to combine, season with flaky salt.
3. Add the carrots to the citrus and beans, combine well, add the crumbled feta, baby spinach and mint, toss lightly to combine with the citrus dressing and serve as desired.

To finish dish

4. When serving up the dish lay freshly smoked salmon on a presentation board and arrange salad naturally on the board, add the dressing last and sprinkle over a little flaky salt to finish.

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