Roasted Carrot and Capsicum Salad  Serves: 32 tastings

From the garden: Carrot, capsicum & parsley

Equipment:
• Small bowl x 2
• Medium bowl x 1
• Wooden spoon x 2
• Chopping boards and knives
• Measuring cups
• Measuring spoons
• Baking paper
• Baking tray x 1

Ingredients:
3 carrots (skin-on, cut into 1cm cubes)
2 capsicums (cut into 1cm cubes)
2 tablespoons olive oil
½ tablespoon brown sugar
1 tablespoon balsamic vinegar
½ head lettuce (cut into bite size)
½ cup parsley (finely chopped)
½ packet of feta cheese (crumbled)

Dressing
4 tablespoons olive oil
4 tablespoons balsamic vinegar
1 tablespoons brown sugar
¼ teaspoon salt
10 grind of pepper

Method:
1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put carrots, capsicums, oil, sugar and vinegar in a small bowl. Mix evenly.
4. Pour into a lined baking tray and bake in the oven for 15 mins or until slightly browned. Set aside to cool.
5. Mix all the ingredients for dressing together in a small bowl.
6. Put the lettuce and parsley in a medium bowl, add roasted vegetables and dressing. Toss well.
7. Sprinkle feta cheese on the salad and toss gently.
8. Serve into 5 large serving bowls.