

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.