

CARROT AND MINT SALAD

10 carrots, washed and tops trimmed
1 cup of carrot tops, washed and picked off stalks.
2 tbsp extra virgin olive oil
½ cup sultanas
1 handful of picked mint leaves (about ½ a bunch) whole
1 tbsp honey
1 tbsp white wine vinegar

Method

1. Preheat oven to 200C (180C fan-forced).
2. Place carrots on a shallow baking tray lined with baking paper and toss with olive oil. Season with salt and pepper, and roast for 20-30 minutes until carrots are tender and browned. Remove from oven and set aside until you are ready to assemble the salad.
3. Cut the carrots into pieces, place in a mixing bowl. Scatter over the sultanas, trimmed tops and mint.
4. Drizzle the honey over the top and add a splash of white wine vinegar. Gently toss.
5. Place carrots on a platter. Sprinkle with sea salt flakes at the last moment.
6. Serve at room temperature.