#### KALE & roast carrot SALAD

#### Ingredients

* 3 carrots, peeled and diced (ALSO Beetroot, fennel or parsnip if available)
* 1 tablespoon olive oil
* Salt & pepper to taste

#### For the salad

* 3 leaves curly kale finely sliced
* 1 cup shredded Tuscan kale
* 1 cup shredded white cabbage
* 8 red vein sorrel leaves sliced thinly
* 1 [400g tin chickpeas, drained & rinsed](https://amzn.to/2LsZ4Bu)
* 1/4 cup sliced spring onion

For the [dressing](https://www.simplyquinoa.com/6-staple-homemade-vegan-salad-dressings/)

* 2 carrots, sliced thickly roasted
* 2 tsp grated ginger
* 1/3 cup olive oil
* 1/3 cup water
* 2 Tbsp rice wine vinegar
* ¼ tsp salt

### Method

* Preheat the oven to 180oC. Toss carrots with oil, salt, and pepper. Roast on a baking sheet for 30 minutes, stirring halfway through.
* While the carrots are roasting, add all the shredded leaves into a large bowl. Mix with spring onion, chickpeas and red vein sorrel.
* Make the dressing; add half the roasted carrots to the blender with the remaining ingredients. Blend until smooth. If too thick add a little water.
* Roast the seeds until golden.
* Top salad with half roasted carrots, add roasted beetroot or parsnip if using, and the dressing, toss to combine.