

Roasted Carrot Salad with Almond and Olives – with a choice of two dressings

Serves 8 as a side dish

Ingredients

1kg carrots (large or small) scrubbed and cut into chunks of a roughly uniform size

½ cup slivered almonds

2 – 4 cloves garlic, whole

¼ cup extra-virgin olive oil

salt and ground black pepper to taste

⅓ cup dried cranberries (optional)

110 g crumbled blue cheese (optional)

1 cup rocket (arugula) (sweet or wild)

Salad leaves to line the bowl

Dressing 1

1 teaspoon raw, runny honey *

1 tablespoon cider vinegar



Dressing 2

15 ml Fiona's Spicy Plum Jam

30 ml apple cider vinegar

What to do

1. Preheat an oven to 200 °C (400 °F).
2. If the carrots are large, parboil them.
3. Combine the carrots, almonds, and garlic in a mixing bowl. Drizzle with the olive oil, then season to taste with salt and pepper. Spread out onto an ungreased baking sheet.
4. Roast the carrots until soft and the edges turn brown, about 20 - 40 minutes. Set aside and allow to cool to room temperature.
5. Once cool, return the carrots to the mixing bowl, and add the pitted olives. Rescue the garlic cloves and squeeze out the creamy insides.
6. Combine the honey/spicy plum jam and vinegar and drizzle over the carrots; toss until coated.
7. Add the cranberries and blue cheese if using; toss again until evenly mixed.
8. Arrange on the bed of salad leaves reserving rocket leaves and flowers for garnishing.

Notes:

- Without the cheese, this is a vegan meal. Either adjust the quantity and variety of and/or use a vegan substitute.
- The cranberries could be substituted with dried apricots.
- The original recipe aid to peel and thinly slice the carrots on the diagonal, but I prefer not mutilating them and retaining as much flavour as possible.
- Based on a recipe by Morgan Nowicki downloaded from All Recipes.com in December 2015.



Orange Carrots with Garlic and Herbs

Serves 4 as a side

Ingredients

500g carrots, scrubbed and cut into chunks of a roughly uniform size
1 knob butter, plus a little extra (see notes)
1 small handful of fresh herbs
1 orange, quartered
a few whole cloves garlic
salt & pepper



What to do

1. Parboil the carrots in a pot of lightly salted water with the orange, whole cloves of garlic and bunch of herbs.
2. Drain and reserve the stock for gravy and/or later use.
3. Preheat an oven to 200 °C (400 °F).
4. Lightly grease a baking tray and add the carrots and garlic.
5. Squeeze the juice from the now soft oranges over the carrots and dot with butter. For a herbier flavour, add some sprigs of thyme.
6. Bake the carrots for about 10 minutes or until done to your preference. Serve or allow to cool to room temperature.

Notes:

- thyme and parsley are particularly good (on their own or in combination)
- prepared this way, the carrots can also be served cold, but leave out the butter as it can make the dish claggy
- based on a Jamie Oliver dish on one of his cooking shows, a very long time ago. Finishing off the carrots in the oven (with or without the orange) is now the standard in my kitchen.

