





**GUEST  
CAFE**

## Roasted Dutch Carrot Salad

by LoveBites Bondi

 30-40min  2 Portions

A superfood in its own right, freekeh is a wonderfully nutritious grain that's low in fat, has a low glycemic index and is rich in protein, vitamins and minerals. Our friends at LoveBites Bondi team it here with sweet roasted carrots, dukkah (a flavoursome Egyptian spice and nut mix) and crispy baked kale, making this a hearty and wholesome autumn dinner.

## What we send

- orange
- dukkah <sup>11,15</sup>
- toasted almonds <sup>15</sup>
- baby dutch carrots
- feta <sup>7</sup>
- freekeh <sup>1</sup>
- kale

## What you'll require

- butter <sup>7</sup>
- Australian honey
- olive oil
- sea salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- baking paper
- large frypan
- medium saucepan
- oven tray
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

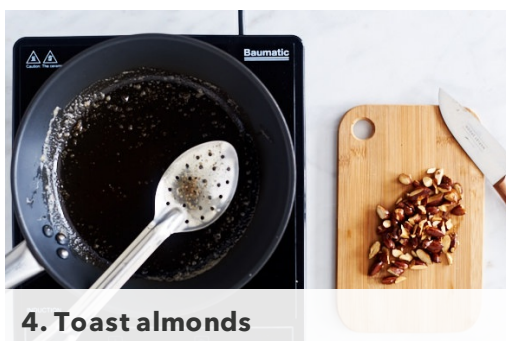
## Nutrition per serving

Energy 855.0kcal, Fat 48.6g, Proteins 26.0g, Carbs 70.1g



### 1. Roast carrots

Preheat oven to 200C. Bring a medium saucepan of water to the boil. Line 2 oven trays with baking paper. Scrub and trim the **carrots**. Toss on prepared tray with 1 tbs **oil** and most of the **dukkah** (reserving some for garnish). Season well with **salt and pepper**. Roast for 30 mins, tossing halfway through, until tender and golden.



### 4. Toast almonds

Heat 10g **butter** in a large frypan over medium heat. Cook the **almonds** with **salt**, tossing until toasted. Transfer the almonds with a slotted spoon to some paper towel to drain and reserve the butter. Coarsely chop the almonds.



### 2. Cook freekeh

Meanwhile, rinse the **freekeh** with water, then cook in the boiling water for 25 mins or until tender.



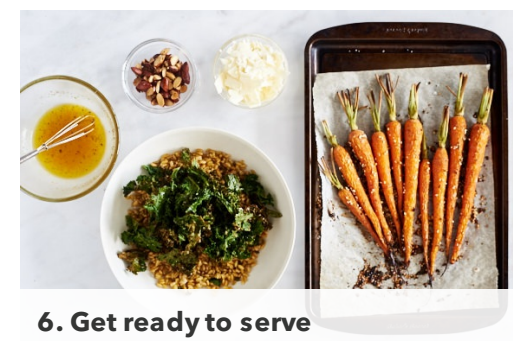
### 5. Make dressing

Finely grate the **orange** zest and juice half the orange (reserve remaining half for another use). Combine 2 tbs **oil** in a small bowl with the **zest** and **juice**, 1 tsp **honey** and 1 tbs **vinegar**. Season with **salt and pepper**. Using a vegetable peeler, shave or crumble the **feta**.



### 3. Cook kale

Meanwhile, tear the **kale** leaves into large pieces, discarding stems. Toss in a large bowl with 1 tbs **oil** until kale is thoroughly coated. Place on a lined oven tray and roast for 10 mins or until crispy. Season with **salt**.



### 6. Get ready to serve

Drain the **freekeh** and toss with half the **dressing** on a serving plate. Top with the **crispy kale**, **roasted carrots**, **shaved feta**, **toasted almonds** and drizzle with the remaining dressing and reserved **dukkah**.