

DINNERLY



 HEALTHY

Roasted Dutch Carrot Salad with Currants, Feta and Harissa

 20-30 minutes  4 Servings

Combining amazing flavour and nutrition, this Middle Eastern-style carrot salad with ancient grains, tasty feta and harissa dressing makes virtuous eating easy.

WHAT WE SEND

- 2 x 40g dried currants
- 250g rice, quinoa and barley blend ¹
- 100g feta ⁷
- 10g harissa seasoning ¹⁷
- 140g rocket leaves
- 2 bunches dutch carrot

WHAT YOU NEED

- garlic clove
- Australian honey
- olive oil

TOOLS

- baking paper
- medium saucepan
- oven tray

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

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 590kcal, Fat 26.5g, Carbs 69.9g, Proteins 13.7g



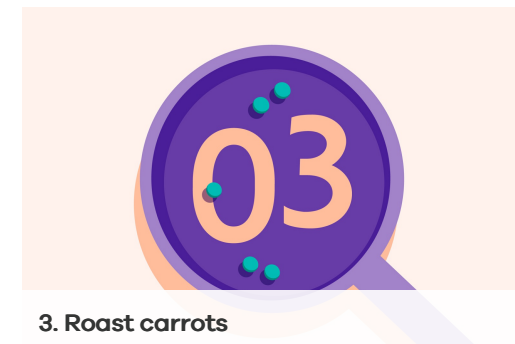
1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Bring a medium saucepan of water to the boil for the grain blend. Peel the **carrots** and halve any large ones lengthwise, leaving the tops attached. Crush or finely chop **2 garlic cloves**.



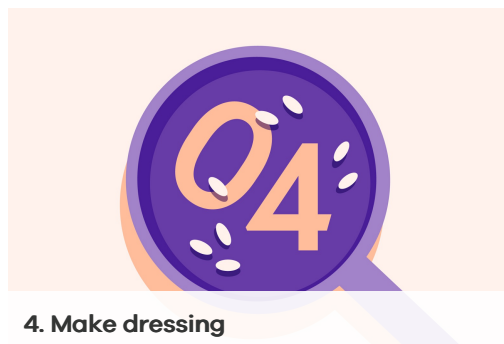
2. Cook grains

Cook the **grain blend** in the pan of boiling water for 20-22 mins until tender. Drain, then rinse under cold water to cool slightly.



3. Roast carrots

Meanwhile, put the **carrots** on the lined tray. Scatter with **2 tsp harissa seasoning** (see Make It Yours), season with **salt and pepper**, drizzle with **1 tbs olive oil** and toss to coat. Roast, turning once, for 25 mins or until tender.



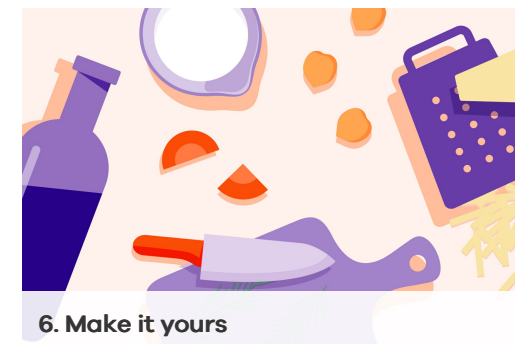
4. Make dressing

Put the **garlic**, **currants**, **2 tsp harissa seasoning**, **60ml (¼ cup) red wine vinegar**, **60ml (¼ cup) olive oil** and **1 tbs honey** in a large bowl, season with **salt and pepper** and stir to combine.



5. Serve up

Add the **grain blend** and **rocket** to the **dressing** and toss to combine. Divide the **salad** among plates, top with the **roasted carrots**, crumble over the **feta** and enjoy.



6. Make it yours

Hailing from Tunisia, harissa is a seasoning with a little chilli kick. If you prefer less heat, add the harissa to taste. You can also boost the protein with toasted pepitas or slivered almonds, or add mint leaves for extra Middle Eastern flavour.