

# Roast carrot and feta salad

<b>Ingredients:</b> 1 kg carrots 1 red capsicum 200g feta cheese 2 handful spinach leaves, washed 8 springs parsley 1 tablespoon dried currants Sea salt Juice from 1 lemon ¼ cup white wine vinegar ½ cup olive oil	<b>Equipment:</b> Green chopping board Large kitchen knife Baking trays Baking paper Tablespoon measure Measuring cups Citrus juicer Large mixing bowl
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## Method:

<ol style="list-style-type: none"><li>1. Pre heat oven to 220c.</li><li>2. Peel carrots and julienne (slice into fine strips).</li><li>3. Line a baking tray with baking paper and spread carrots strips over tray.</li><li>4. Lightly toss carrots with olive oil and sprinkle with sea salt.</li><li>5. Roast in the oven until carrots are tender.</li><li>6. Chop the top of capsicum, and slice down the four sides. Julienne capsicum and place in large mixing bowl.</li></ol>	<ol style="list-style-type: none"><li>7. Chop feta into small 1cm cubes and add to salad bowl.</li><li>8. Wash and pat dry parsley. Chop finely and add to salad bowl.</li><li>9. Wash and pat dry spinach leaves and add to salad bowl.</li><li>10. Add dried currants to salad bowl along with roasted carrot. Toss salad lightly.</li><li>11. <b>To make dressing:</b> In a glass jam jar combine white wine vinegar, lemon juice, olive oil, salt and pepper. Shake vigorously to combine.</li><li>12. Drizzle over salad.</li></ol>
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