



READY TO COOK
BY HARRIS FARM

ROASTED CARROT SALAD, RED CORAL LETTUCE AND GOLDEN GODDESS DRESSING



PREP
10 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 500g Mixed Dutch Carrots
- > 1 Red Coral Lettuce
- > ¼ Cup Almond Flakes
- > 125ml Golden Goddess Dressing

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1 Tbsp Honey
- > 1 Tbsp Sesame Seeds

METHOD – GET COOKING!



1 Preheat oven to 200°C.

Wash and trim the carrots. Pick and wash the red coral lettuce. Set ingredients aside.

2 Place the carrots on a lined baking tray. Drizzle with olive oil, add the honey and season with salt and pepper. Toss well and cook in the oven for approximately 35 minutes or until softened and golden brown.

3 Place the sesame seeds on a baking tray and roast in the oven for approximately 15 minutes until golden.

Place the almond flakes on a separate baking tray and roast in the oven for the last 3 minutes or until golden.

Remove both the sesame seeds and almond flakes from the oven. Set them aside.

4 Serve roasted carrots with red coral lettuce, drizzled with the golden goddess dressing and topped with the toasted sesame seeds and almonds.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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