



## CARROT & ORANGE SALAD

SERVES 4-6

### INGREDIENTS:

- 6 heritage carrots
- 2 oranges
- 1/2 cucumber
- 1 eating apple
- 80g rocket
- 3 tbsp olive oil
- juice 1/2 lemon
- juice 1/2 orange
- 1 tsp fennel seeds
- 1 tsp caraway seeds
- 1 clove of garlic

### INSTRUCTIONS:

- quarter the carrots, coat in 1 tbsp of olive oil and roast in the oven or airfryer until golden and soft
- using a sharp knife, slice off the peel from the oranges and then cut into slices, arrange on a large flat.
- peel and deseed the cucumber and cut into half moons and arrange over the top of the oranges
- core and slice the apple and do the same
- top with the rocket and lightly toss.
- toast off the caraway and fennel seeds in a small pan over a high heat for about a minute.
- in a clean jam jar add the remaining oil, citrus juice and toasted seeds along with the garlic and some salt and pepper, shake well.
- add the roasted carrot to the plate and pour over the dressing.

180 cals 2g P 12g C 13g F