

Roasted Carrot, Red Onion, Fennel & Mint



Vegan & gluten free

Serves: 10

Profitability:

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Ingredients:

1kg carrots, ½ lengthwise & cut at an angle

4 red onions, cut into small wedges

1kg fennel, cut into thin wedges

Oil of your choice

Salt & pepper

100g sunflower seeds

1 tsp coriander seeds, crushed

½ tsp chilli flakes

1 tsp smoked sweet paprika

2 tbsp sherry vinegar

1 tbsp fresh lemon juice

Torn mint leaves

Steps:

Place the carrots in a tray and the fennel and onion in another. Drizzle with oil, season with salt & pepper and paprika. Roast until tender but still have a bite. Leave to cool

Toast the sunflower and coriander seeds, chilli flakes and 2 tbsp oil in a shallow pan for about 2 minutes. Cool, then add vinegar, lemon juice and season

Combine the two trays of vegetables and drizzle over the vinaigrette and toss to coat. Add the mint and serve