



Roasted Carrot, Orange & Avocado Salad

What to collect

Ingredients	Equipment
12 medium carrots, peeled	peeler
1/4 cup olive oil	knife
1 teaspoon salt	chopping board
2 tablespoons pumpkin seeds	metric measuring spoons/cups
1 tablespoon poppy seeds	baking tray, baking paper
2 avocados, halved and sliced	frying pan
2 oranges, peeled and segmented	wooden spoon
2 handfuls baby spinach leaves	
Miso Tahini Dressing	
1 tablespoon white miso	
135g tahini dip	
125ml orange juice	
2 teaspoons maple syrup	
1 teaspoon lemon juice	
2 tablespoons iced water	

What to do

1. Preheat oven to 220C.
2. Cut the carrots in half lengthways, then into diagonal spears, about 1 cm wide. Place in a bowl and mix with oil and salt.
3. Place carrots onto a baking tray lined with baking paper and bake for 15-20 minutes or until tender and crisp. Set aside.
4. Toast pumpkin seeds and prepare other salad ingredients according to instructions.
5. To make the dressing, whisk all the ingredients together in a bowl.

- 6. Place the carrots, spinach, orange segments, avocado in a bowl and gently toss. Pour over the salad dressing and garnish with the seeds.**