

## Roasted carrot and beetroot with orange dressing

**Season:** Autumn/Winter/Spring

**Type:** Salads/Big Dishes

**Difficulty:** Easy

**Serves:** 20 tastes in the classroom  
or 4 adult serves at home

**Fresh from the garden:** baby beetroot (with their leafy tops), carrots, edible flowers, garlic, mint, orange, oregano, parsley, rosemary, thyme

**Recipe Source:** Collingwood College, Victoria

This salad is full of beautiful, deep autumn colours, which can be set off with your choice of serving platters and flower garnishes. Flat, low platters allow the colours and garnishes to be admired, but use what you have! Volunteers can focus on getting the carrots in the oven to roast as soon as possible, perhaps directing students to concentrate on holding their knife correctly and keeping their fingers in the 'claw' shape as they cut the carrot batons.

### Equipment:

2–3 clean tea towels  
chopping board  
knives – 1 large, 1 small  
bowls – 1 small, 1 large  
vegetable peeler  
large plastic container with a water-tight lid  
baking tray  
aluminium foil  
oven mitts  
medium-sized frying pan  
wooden spoon  
medium-sized pot  
slotted spoon  
colander  
lemon zester (or a vegetable peeler)  
lemon juicer  
jar with a screw-top lid  
serving platters  
serving spoons

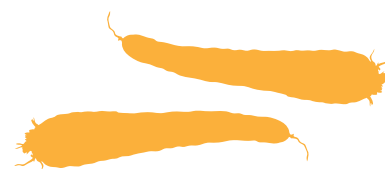
### Ingredients:

1–2 sprigs of rosemary  
2–3 sprigs of oregano  
2–3 sprigs of thyme  
½ bunch of parsley  
2–4 sprigs of mint  
1 kg carrots  
salt and pepper  
10 baby beetroot (with their leafy tops)  
2 garlic cloves  
2 tablespoons olive oil, plus a splash  
for the frying pan  
edible flowers, to garnish



### For the orange dressing:

2 oranges  
100 mL olive oil  
salt and pepper



### What to do:

- Preheat the oven to 220°C.
- Wash the rosemary, oregano, thyme, parsley and mint, and dry with a clean tea towel. Set some sprigs of mint aside for garnishing.
- Set out the chopping board and knives. Dampen a tea towel and place it under the chopping board to prevent it from slipping.

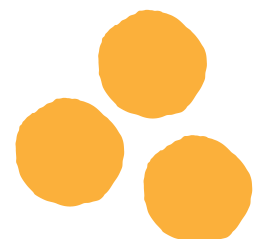
- Pick the mint leaves from their stems. Discard the stems.
- Roughly chop the parsley and the rest of the mint. Put them in a small bowl and set aside.
- Strip the leaves of the rosemary, oregano and thyme from their stems. Discard the stems. Finely chop the leaves with a large knife.
- Peel the carrots with the vegetable peeler.
- Using the large knife, chop the carrots in half lengthwise, then chop them into 1 cm thick sticks.
- Put the carrots into the large plastic container. Add 2 tablespoons of olive oil, the rosemary, oregano and thyme, and salt and pepper to taste.
- Put the lid on the container securely. Hold the lid on as you shake the container to coat the carrots with the oil.
- Pour the carrots into a baking tray, cover the tray with aluminium foil and place in the oven.
- After the carrots have roasted for 10 minutes, put on your oven mitts and remove the tin foil. Roast the carrots for another 10 minutes, then remove from the oven.

#### To cook the beetroot:

- Wash the beetroot, with their leafy tops still attached, and dry them gently with a tea towel.
- Returning to the chopping board, chop the leaves from the beetroot with a large knife.
- Sort the nice beetroot leaves from the ratty-looking ones. (Put ratty-looking beetroot leaves in the compost.)
- Peel the garlic cloves and finely chop them.
- Put the frying pan on a high heat and add the oil. When the oil is hot, add the garlic and the beetroot leaves and cook for 2 minutes, stirring them constantly with a wooden spoon. Set aside.
- Put the beetroots in a medium-sized pot and cover them with cold water. Bring to the boil and simmer until the beetroot is soft.
- **\* Use a slotted spoon to gently lift the beetroot from the pot and place them in a colander.**
- Run the colander of beetroot under cold water, then set it aside to cool.
- When the beetroot has cooled, rub the skin off the bulbs.
- Use a large knife to chop the beetroot bulbs into small wedges. Set aside.

#### To make the orange dressing:

- Wash the oranges and dry them with a clean tea towel.
- Zest the oranges with your zester or vegetable peeler.
- Use a large knife to chop the oranges in half, then juice them.



- Pour the orange juice into the jar, add the zest and 100 mL of olive oil, and season with salt and pepper to taste.
- Put the lid on the jar. Make sure the lid is secure, then shake the jar to mix the ingredients.
- Taste and adjust if needed – we want this dressing to be very orangey!

**To serve:**

- Put the carrots in a large bowl and pour the dressing over. Gently toss the dressing through the carrots.
- Divide the carrots between serving platters. Lay the beetroot on top and garnish with edible flowers and the mint sprigs you reserved earlier.

\* Adult supervision required.

