

Marinated Carrots

Season: Summer

Type: Salad

Serves: 32 tastings

From the garden: Carrot & basil

Class focus: Cutting carrots into round slices,
chopping herb & mincing garlic



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Measuring spoons Red baking dish x 1 Serving plate x 1 (use as a lid) Serving plate x 5 Serving spoon x 5</p>	<p>6 carrots (skin-on, cut into round slices – 0.5cm)</p> <p><i>Marinate:</i> 1 clove garlic (minced) 1 sprig basil (leaves only, finely chopped) ¼ teaspoon dried oregano ½ teaspoon cumin ½ teaspoon sweet paprika 1 tablespoon apple cider vinegar 2 tablespoons olive oil ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash the carrots and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the carrots in the red baking dish.
4. Cover the baking dish with a serving plate.
5. Microwave on the highest setting for 5 minutes, stir and microwave for another 2 minutes or until carrots are cooked. Set aside to cool.
6. Mix all the ingredients for the marinate in a small mixing bowl.
7. Put the carrots in a large mixing bowl, add marinate and toss gently.
8. Serve into 5 large serving plates with a serving spoon in each.