

ROASTED BABY CARROTS AND GARLIC SCAPES SALAD, WITH CUMIN AND CORIANDER VINAIGRETTE

INGREDIENTS

1 bunch of baby carrots
1 bunch of garlic scapes
2 tablespoons olive oil
2 teaspoon whole cumin seeds
2 teaspoon mustard Seed
1 tablespoon fresh thyme
1 teaspoon sea salt
Ground black pepper to taste

for the dressing

1/2 teaspoon Dijon mustard
1/2 teaspoon salt
Ground black pepper to taste
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander seed
2 tablespoons white wine vinegar
4 tablespoons olive oil
splash of water

DIRECTIONS

First make your vinaigrette. In a small bowl, mix together mustard along with the spices and salt. Whisk in the vinegar and then the oil. Taste and re-season as necessary, or add a splash of water if too strong.

Preheat oven to 400F. Line a baking sheet with parchment paper. Combine carrots and scapes in a large bowl and toss with oil. Sprinkle in the spices and toss to coat. Place just the carrots on a baking sheet and roast for 10 minutes. Depending on the size of your carrots, you may need them to cook ahead of the scapes for more or less time. Then add the scapes and cook for another 10 minutes. Open the oven to toss them around, flipping occasionally. Remove from oven and cool for about 10 minutes.

To assemble, place roasted veggies in a bowl and drizzle on the dressing. You may not need all of it, so use your judgment. Toss to combine. Serve slightly warm or at room temperature.