

Marinated Carrots

Season: Autumn

Type: Side

Serves: 32 tastings

From the garden: Oregano & garlic

Class focus: Cutting carrots into round slices



Equipment:	Ingredients:
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 Serving bowl x 5 Serving spoon x 5	6 carrots (skin-on, cut into round slices – 0.5cm) <i>Marinate:</i> 1 clove garlic (minced) 2 sprigs oregano (leaves only, finely chopped) ½ teaspoon cumin ½ teaspoon sweet paprika 1 tablespoon apple cider vinegar 2 tablespoons olive oil ¼ teaspoon salt 10 grinds of pepper

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 bowls with a serving spoon in each.