



## AVOCADO AND ROAST CARROT SALAD

### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts

**Prep time:** 15 mins

**Cook time:** 20mins

**Serves:** 4-6

### **INGREDIENTS**



- 500g carrots, orange medium size
- 2 cloves garlic, crushed
- 1 tsp cumin, ground
- ½ tsp dried chilli, crushed
- 1 tsp pink salt
- 2 tbsp coconut oil
- 2 avocados, ripe, medium size
- 200-250g assorted salad greens (lettuce)
- 1 tbsp lime juice (or lemon juice)
- 2 tbsp olive oil
- ¼ tsp pink rock salt
- 3 shakes black pepper

### **METHOD**

- Preset oven to 200°C (400°F).
- Peel carrots and cut into 1cm cubes.
- In a bowl combine garlic, cumin, chilli, salt and coconut oil and mix well.
- Add carrots and mix to coat carrots.
- Spread carrots on lined baking tray in a single layer, and roast 20 minutes until browning and cooked.
- Remove from oven and cool.
- Cut avocado into bits size chunks and mix with salad leaves in a bowl.
- Combine lime/lemon juice with olive oil and salt and pepper and stand leave in refrigerator until serving.
- To serve, warm carrots slightly in microwave (if cooled completely), and stir in with avocado and lettuce.
- Drizzle dressing over the top and toss salad to combine.