



Everything  
But The Chef

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## Roasted Carrot & Fennel with Caramelised Onion

This colourful veggie delight is filled to the brim with produce from all over the spectrum – we have members from the veggie, fruit, spice, dairy, herb, and legume families. Together they make for wonderful textures and mesmerising flavour combinations. Talk about an incredible recipe!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



gluten free



Pine Nuts



Cumin



Garlic



Carrot



Fennel



Red Onion



Chickpeas



Lemon



Coriander



Currants



Fetta



Rocket

2P	4P	Ingredients
50 g	100 g	pine nuts
1/2 tsp	1 tsp	HelloFresh cumin
2	4	garlic cloves, peeled & crushed ⊕
3 tbs	6 tbs	olive oil *
1 tbs	2 tbs	red wine vinegar *
2	4	carrots, chopped into sticks
1	2	fennel, bulb sliced
1	2	red onion, sliced ⊕
1 tin	2 tins	chickpeas, drained & rinsed
1	2	lemon, juiced ⊕
1 tbs	2 tbs	coriander, roughly chopped
50 g	100 g	currants
70 g	140 g	rocket, washed
1/2 block	1 block	fetta, cubed ⊕

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2120	Kj
Protein	30.5	g
Fat, total	22.4	g
-saturated	8.5	g
Carbohydrate	35	g
-sugars	14.7	g

#### Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **pine nuts** on an oven tray with baking paper and toast for about **2-3 minutes** or until brown - be careful, they burn quickly! Remove and reserve for later.



3 In a small bowl mix the **cumin, garlic, olive oil,** and **red wine vinegar** well to make your dressing. On the same baking tray, place the **carrots, fennel,** and **onion** then dress the vegetables with the cumin dressing, toss them around well to make sure they are well coated. Place them in the oven on the top shelf for **25 minutes**. Remove from the oven and transfer to a large salad bowl.



4 Mix through the **chickpeas, lemon juice, coriander, currants, rocket,** and toasted pine nuts. Season well with **salt** and **pepper** and then at the last minute toss through the **fetta**. Divide between plates and get stuck in!



**Did you know?** Fennel was used by the Romans as a food, medicine, and to prevent obesity.