

# COUSCOUS AND ROASTED CARROT SALAD

## Serves 6

5 carrots  
1 clove of garlic chopped  
½ tsp cumin seeds  
1 tsp honey  
1 onion, sliced  
1 tsp paprika  
300g couscous  
300g hot vegetable stock  
A handful of fresh parsley, roughly chopped  
50g pumpkin seeds, lightly toasted in a frying pan  
50g hazelnuts, lightly toasted in a frying pan  
80g dried fruit such as raisins or chopped dried apricots  
Juice and zest of half a lemon  
Olive or rapeseed oil

We eat predominantly vegetarian food at lunch so salads feature heavily. For many people, the idea of salads stir up images of drab flavourless lettuce leaves with raw peppers and watery tomatoes, although in the past decade, things have definitely moved on. Salads are actually a great way to cook creatively, using a whole variety of grains, roasted and fried vegetables, leaves, herbs, nuts, seeds and dried fruit. I've made some suggestions here but use whatever you fancy, as it really is a question of throwing it all together and making it taste vibrant and delicious! Couscous is cheap and widely available but feel free to substitute it with various other grains such as red and white rice, spelt, lentils, quinoa and a recent discovery of mine, freekeh.

1. Start by roasting the carrots. Chop them into large chunks (2–3cm big) and roast for 40 mins at 200°C / 180°C Fan / Gas Mark 6 with a drizzle of oil, the chopped garlic, honey and the cumin seeds. Halfway through the cooking, turn the carrots over.
2. Meanwhile fry the onions in 2 tbsp oil and cook over a low heat for at least 15 minutes in order to caramelize them. Add the paprika and cook for a further 5 minutes, stirring continuously so that the spices do not stick to the pan (you may need to add a little more oil).
3. To cook the couscous put it into a pan or bowl that you have a tight fitting lid for (or use a plate). Add the stock and a drizzle of olive oil, stir and cover. Leave for 5 minutes and then fluff with a fork in order to separate the grains.
4. Assemble the salad by mixing all the ingredients together, along with the nuts and seeds, a drizzle of extra virgin olive oil and a large pinch of salt. Taste and add more lemon, herbs and salt if needed. The salad should sing with flavour!



This is an extract from

**JAMIE'S FARM COOKBOOK**