VILLAGE PILATES

SERVES
2

PREP TIME
3 MINS

COOK TIME
15 MINS

INGREDIENTS
15 MINS

DIFFICULTY
EASY

JAMIE OLIVER'S CARROT AND GRAIN SALAD

Fresh, simple and utterly delicious.
This recipe is an extract from 5 Ingredients.

INGREDIENTS

- 350g mixed-colour baby heritage carrots
- 1 pomegranate
- 1 big bunch of fresh mint (60g)
- 1 x 250g packet of mixed cooked grains
- 40g feta cheese

METHOD

1. Wash the carrots, halve any larger ones, then place in a large, cold non-stick frying pan with 1 tbs of olive oil and a pinch of sea salt and black pepper. Put on a medium-high heat for 15 minutes, or until golden and tender, tossing regularly.

2. Meanwhile, halve the pomegranate. Squeeze the juice from one half through a sieve into a large bowl, add 1 tbs of red wine vinegar and 2 tsp of extra virgin olive oil. Finely chop the top leafy half of the mint (reserving a few nice leaves), stir into the bowl, then taste and season to perfection.

3. Transfer the carrots to the dressing bowl, while you toss the grains in the pan for 1 minute with a splash of water to warm through. Tip into the bowl and mix with the dressed carrots, then divide between your plates.

4. Holding the remaining pomegranate half cut-side down in your fingers, bash the back of it with a spoon so all the seeds tumble over the salads. Crumble or grate over the feta, sprinkle over the reserved mint leaves, and tuck in.

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