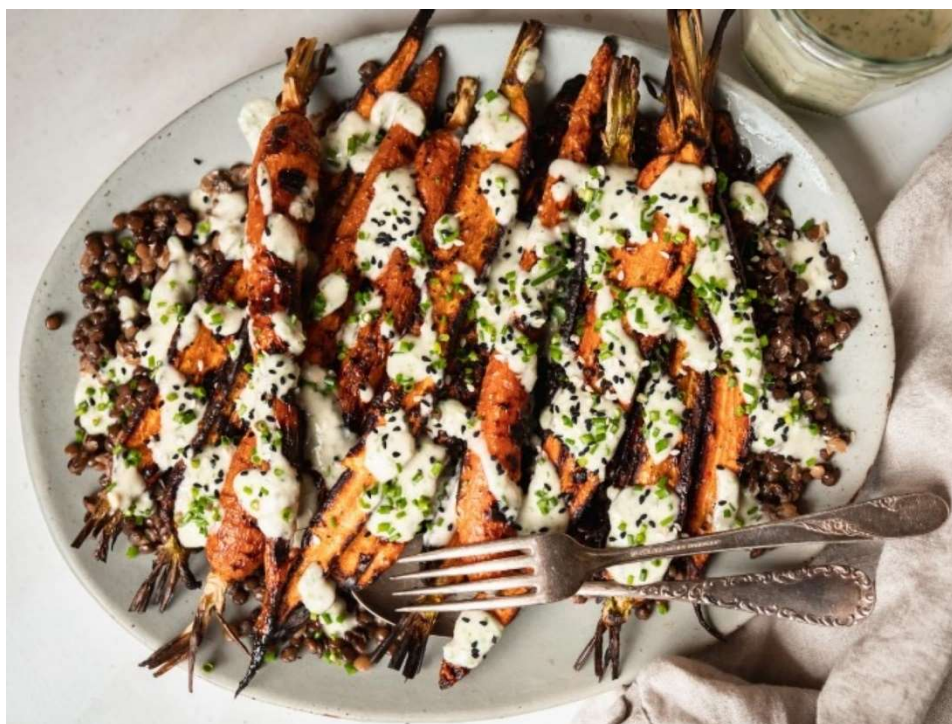


Roasted Carrot and Lentil Salad



Ingredients

50g butter	400g can lentils, rinsed
2 tbsp honey	300g natural yoghurt
1 tsp cumin	1 lemon, zest and juice
1 tsp salt	1 clove garlic, crushed
2 bunches Dutch carrots, trimmed and scrubbed	1/2 bunch fresh chives, finely chopped
2 tbsp mixed sesame seeds	

Directions

Step 1 – Add the butter, honey, cumin and salt to a small saucepan and cook over low heat until melted and combined.

Step 2 – Toss the carrots in the melted butter mixture, ensuring that they are well coated.

Step 3 – Prepare the BBQ for direct cooking over medium heat (180°C). Ensure the grills are clean. Preheat a small BBQ safe frying pan, and once hot, add the sesame seeds to toast, tossing regularly. Once starting to brown, remove from the BBQ and set aside.

Step 4 – Place the carrots in a single layer onto the hot BBQ grill and cook, turning regularly, until the carrots begin to char slightly, approximately 3 – 4 minutes.

Step 5 – Remove the carrots from the BBQ and convert the BBQ to indirect cooking over medium heat (180 - 200°C). If you are using a charcoal grill, move the briquettes to keep at least half of the cooking area clear of direct heat. If you are using a gas BBQ, keep the burner lit on one side of the BBQ only. If you are using a Weber Q, put a trivet and convection tray in place. Place the carrots back into the BBQ away from direct heat, close the BBQ lid and cook the carrots for a further 10 – 15 minutes or until cooked through. Remove from the BBQ, cover and set aside to keep warm.

Step 6 – In a small bowl, mix together the natural yoghurt, lemon zest and juice and garlic.

Step 7 – Spread the lentils on a large plate, arrange the cooked carrots over the top, then drizzle with the yoghurt sauce and sprinkle with the sesame seeds and chopped chives.

