

Niagara-on-the-Lake

Roasted Carrot Salad with Burrata Cheese

Ingredients:

- 2 bunches of baby carrots
- 2 tbsp honey
- 3 tsp toasted caraway seeds
- 1/4 cup fresh oregano
- 1 tsp soya bean oil (can sub grapeseed oil)
- 1/2 tsp course sea salt
- 1/2 tsp Dijon mustard
- 2 tbsp white wine vinegar
- 6 tbsp extra virgin olive oil
- 2 cups of baby arugula
- 1 cup golden raisins
- 2 whole Burrata cheese (can sub fresh mozzarella)

Peel the baby carrots and place in bowl with the honey, half the toasted caraway seeds, half the oregano, soya bean oil and sea salt.

Toss together and place on a roasting tray. Roast in a 450F preheated oven until golden brown. Remove from the oven and cool. In a large bowl mix the Dijon mustard and white wine vinegar.

Then slowly whisk in the olive oil. Add the remaining oregano and caraway seeds. Season with salt and pepper.

In a separate bowl mix the chilled roasted carrots, arugula and raisins. Dress with the vinaigrette and divide between two plates. Rip each of the burratas in half and top the salads with the cheese. Serve immediately.