



Carrot, Dill & White Bean Salad

What to collect	
Ingredients	Equipment
1/4 cup extra virgin olive oil	small bowl
3 tablespoons fresh lemon juice	large frying pan
1/4 teaspoon fine grain salt	chopping board
2 shallots, thinly sliced	knife
	v slicer
more olive oil for cooking	metric measuring spoons/cups
2 cups thinly sliced carrots	
3 cups cooked white beans	
1/4 cup dill, chopped	
1 tablespoon brown sugar	
1/3 cup seeds, toasted	

What to do

1. Combine the olive oil, lemon juice, salt and shallots in a small bowl and set aside.
2. In a large frying pan over medium heat, toss the carrots with a splash of olive oil. Let them cook in a single layer. Keep cooking, tossing gently every 3 to 4 minutes until carrots are browned. About 12 minutes.
3. Add the beans and dill and cook for another 5 minutes or until beans are well heated through. (If you need to, add more olive oil to the pan.)
4. Place carrot/bean mixture into a serving bowl and sprinkle with brown sugar and pour 3/4 of the lemon/olive oil mixture over the top/ Toss gently.
5. Let sit for 10 minutes. Toss again, taste & add season.
6. Serve with a sprinkling of toasted seeds.