

## INGREDIENTS:

- 1 large bunch of carrots ,  
peeled and cut into  
diagonal slices (approx.  
500g/1lb 2oz)
- 5 banana shallots ,  
quartered
- 4 garlic cloves , lightly  
crushed
- 1 tsp fennel seeds
- 1 tbsp olive oil
- 300g pearl barley
- small pack parsley , roughly  
chopped
- ½ small pack dill , roughly  
chopped
- 140g blue cheese , crumbled
- a few fennel tops or dill, to  
serve (optional)

### For the dressing

- 2 tbsp olive oil
- 1 tbsp white wine vinegar
- juice 1 lemon



## HOW TO PREPARE:

### STEP 1:

Heat oven to 180C/160C fan/gas 4. Put the sliced carrots in a large roasting tin with the shallots, garlic and fennel seeds. Drizzle over the oil, toss everything together and season. Roast for 35-40 mins until everything has caramelised and the carrots are tender.

### STEP 2:

Meanwhile, boil the pearl barley in a large pan of salted water until al dente, about 30 mins. Make the dressing by whisking all the ingredients together with some seasoning. Remove the carrots from the oven.

### STEP 3:

Strain the pearl barley and toss through the dressing, carrots, dill, parsley and half the cheese. Finish with a few of the fennel tops and the remaining cheese. Serve warm or cold with a slice or two of warm buttered soda bread, if you like.

PREP TIME: 15 mins

COOK TIME: 40 mins

SERVINGS: 4