

Roasted Vegetable Salad

This salad recipe is perfect for using up extra veggies that may be leftover from a roast the night before.

Ingredients

1 large bag mixed leaves e.g. spinach

Roasted vegetables - examples of vegetables you may like to try:

- Sweet potato
- Pumpkin
- Broccolini
- Cauliflower
- Capsicum
- Eggplant
- Asparagus
- Garlic cloves
- Red onion
- Cherry tomatoes
- Carrots



Optional Additions

Sources of protein you may wish to add:

- Cottage, ricotta or feta cheese or a sprinkle of parmesan
- Boiled egg
- Shaved turkey or leg ham
- Roast chicken or lamb
- Tuna or salmon
- Legumes - e.g. chickpeas, lentils, 4 bean mix, sprout mix
- Nuts/seeds

Method

1. Roast vegetables in oven - either on the day, or the night before. To roast vegetables, place baking paper over oven trays and preheat oven to 180°C.
2. Chop all ingredients in to small pieces (as desired) and spread over an oven trays.
3. Spray with olive oil and roast in oven for 20-30 mins, until lightly brown. If choosing to prepare vegetables the night before (e.g. to cook extra with dinner), store vegetables in containers in fridge until ready to prepare salad (for up to 2-3 days).
4. To prepare salad, place spinach or mixed salad leaves in a bowl. Add roast veggies.
5. Add in optional extras (see examples above).
6. Serve with a crusty multigrain bread roll, or brown rice/quinoa as side, if desired. Enjoy