



Spicecraft®

# Warm Roast Vege Salad

## Recipe from Spicecraft

Warm the soul & the fam  
while staying healthy with  
this beauty of a salad

Prep time: 15-20 min

Cook time: 30-40 Min

Dietary: Vegetarian

## Method

Preheat oven to 180C

In a bowl, place all of your veges you are going to roast, in this case, I roasted the pumpkin, carrots, parsnips, kumara, red onion and garlic cloves, add a good drizzle of olive oil and a good shake of the Cravin' Cajun Rub, toss everything together until well coated.

Place veges on a baking tray, place in the oven for around 30 minutes or until veges are cooked and tender.

Remove from oven, place 1/3 of roasted veges in a big salad bowl, then add 1/3 of the spinach leaves, and 1/3 of your salad dressing, toss, then repeat this step with the rest of the roast veges, spinach and dressing until its all added.

Sprinkle some pine nuts on top and eat and enjoy!

## Ingredients

Pumpkin, cut into bite size chunks

Carrots, cut into bite size chunks

Parsnips, cut into bite size chunks

Kumara, cut into bite size chunks

Red onion, cut into bite size chunks

Garlic cloves, whole, as many as you like

Olive oil

Spicecraft Cravin' Cajun Rub

Baby spinach leaves, Approx. 100g.

Any salad dressing you have in the fridge.

Pine nuts toasted or not toasted



"Don't hesitate to add your favourite veges for your own twist! For those that love meat, pulled Pork is a real winner with this dish"

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