

ROASTED VEGETABLE SALAD

This salad makes a pleasant side dish .

INGREDIENTS

Pumpkin (firm fleshed variety)

Kumera (golden yam)

Potato (any roasting variety)

1 tbspn Olive oil

Salt

Garlic cloves with skin on

Semi-sweet salad: Powdered cinnamon and Powdered coriander

OR

Savoury salad: Chopped Rosemary

Greek Yoghurt

METHOD

Heat oven to moderately hot temperature – 200° C (approx 400° F)

Peel and dice root vegetables.

Add olive oil and a pinch of salt to a bowl and toss vegetables and garlic cloves to coat well.

Cover a baking tray with baking parchment and add vegetables, spreading them evenly.

Sprinkle with cinnamon and coriander for a semi-sweet salad

OR

Sprinkle with chopped rosemary for a savoury salad

[Don't use both!!!]

Roast until vegetables are nicely browned, approximately 20-30 minutes, depending on your oven.

Check to make sure the potatoes are cooked through.

Plate up and serve with Greek yoghurt.