

# Roasted Vegetable Salad



**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 45 minutes

**Dietary:** V

## Ingredients

### Salad

- ½ cup uncooked quinoa (or 1 cup cooked quinoa)
- 1 small sweet potato
- ¼ butternut pumpkin
- 1 red onion
- 1 - 2 capsicums
- Spray olive oil
- ½ cup mint leaves
- ½ cup parsley leaves
- ¼ cup pine nuts
- ¼ cup pepitas

### Dressing

- 4 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- Freshly ground black pepper, to season

## Method

1. Pre heat oven to 180 degrees.
2. Cook quinoa according to packer instructions. This should make 1 cup of cooked quinoa. Allow to cool.
3. Peel sweet potato, pumpkin and red onion. Chop sweet potato, pumpkin and capsicum into cubes (approx. 2cm x 2cm pieces). Slice red onion into wedges.
4. Place sweet potato and pumpkin on a line baking tray and spray with olive oil. Roast in the oven for 20 minutes. Turn the sweet potato and pumpkin and add the red onion and capsicum to the baking tray. Spray with olive oil and return to the oven to roast for 20 minutes or until all vegetables are cooked through and golden. Allow to cool.
5. In a small frying pan, toast pine nuts and pepitas over a low heat until lightly toasted. Allow to cool.
6. Wash and dry mint and parsley leaves, then roughly chop.
7. Once all salad ingredients are cooled, combine in a large bowl.
8. To make the salad dressing, in a small jar, combine extra virgin olive oil, lemon juice and Dijon mustard. Season with freshly ground black pepper. Place the lid on the jar and shake well to mix.
9. Pour salad dressing over the salad and mix well to combine. Enjoy!

**Dietitian's Tip:** This salad is full of heart healthy, fibre-rich ingredients. Feel free to mix up the ingredients in this recipe to include what you have available.