

Bent on Food Roasted Root Vegetable Salad



Ingredients

6 baby carrots, can be peeled if preferred but better not to.
1 parsnip
200 gr sweet potato
200 gr butternut pumpkin
2 to 3 dessertspoons Bent on Food Beetroot Relish
8 cloves garlic
2 to 3 handfuls salad greens, use baby beet leaves, rocket, baby spinach,
4 slices haloumi
Splash EVOO
Splash of The Other Chef Balsamic Essence or Pukara Caramelised Balsamic
Salt and pepper
Brookfarm Lemon Macadamia oil or Gwydir Grove blood orange infused oil

Method

Cut pumpkin, parsnip and sweet potato into thick strips about the width of a finger and place into a large bowl, add carrot, garlic cloves.

Add a splash of EVOO and balsamic, salt and pepper and toss through.

Spread on to a large baking tray and cook in hot oven for around 40 minutes.

Just before vegetables are cooked, fry haloumi in pan with a splash of EVOO

To assemble salad, place salad greens in individual bowls, neatly stack veges on top, followed by haloumi and beetroot relish

Drizzle of balsamic and infused oil over salad.