



Warm Winter Salad

Quick, easy, healthy, and nutritious. A great way to to pack in a variety of plant power goodness!

Serves: 4, Prep time: 00:45, Cook time: 00:30

Instructions

1) Place the olive oil in a large bowl, then place the chopped up vegetables in the bowl.

Use your hands to shuffle the vegetables over so they are lightly coated with olive oil.

On two large roasting trays scatter the potatoes, parsnips, onion, and chickpeas. Sprinkle some salt over the vegetables and fan-bake in the oven for 30min on 200 degrees.

Use a spatula to flip and stir after around 20min and return them at 180 degrees for the remaining 10min or until done to your liking. Remove from oven and allow to cool a little till warm.

2) Meanwhile while baking make the dressing by combining the lemon juice,

Ingredients

- 10 Potato, Dined into cubes
- 2 Parsnip, Diced or sliced
- 1 Onion, Diced
- 2 teaspoon Garlic (chopped)
- 1 Can of Chickpeas, Drained and rinsed
- 1 teaspoon Salt
- 2 tablespoon Extra virgin olive oil
- 2-3 tablespoon Juice, lemon
- 1 teaspoon Apple cider vinegar
- 1 tablespoon Oil, flaxseed
- 1 grams Black pepper, Grind (0 oz)

cider vinegar, flaxseed oil, and a pinch of salt + a grind of black pepper.

Place salad leaves in a large shallow bowl/serving dish (ie baby spinach, watercress, mesclun, fresh coriander.

Drizzle over half the dressing and toss.

Scatter the warm roast vegetables over the leaves and gently combine, toss with hands. Drizzle your favourite vegan aioli over the serving and scatter with pine-nuts.

****as an option we have used Sunfed boar free bacon chopped after frying up. This adds a delicious chewy texture***

