

Roasted vegetable salad

Ingredients:

350 grams potatoes	1 red capsicum
350 grams sweet potato	½ red onion
350 grams pumpkin	1 zucchini
100 grams green beans	2 tablespoons olive oil
Salt	

Dressing ingredients:

1 tablespoon lemon juice	2 tablespoons olive oil
1 teaspoon wholegrain mustard	Salt and pepper

Method:

1. Preheat oven to 220 degrees fan forced.
2. Peel pumpkin and sweet potato. Cut potatoes, pumpkin, and sweet potatoes into 3cm pieces. Place in a large bowl and coat with 1 tablespoon of the olive oil. Put the potato, pumpkin, and sweet potato in a baking tray lined with baking paper and sprinkle with salt. Put in the oven.
3. Cut red capsicum, zucchini, and red onion into 3cm pieces. Place in a bowl and coat with 1 tablespoon of olive oil. Leave in the bowl until the potatoes and pumpkin have cooked for about 15 minutes, then carefully take out the baking tray from the oven. Add the capsicum, zucchini, and red onion, mix lightly with a large metal spoon, and return to the oven. Cook until the vegetables are soft, about another 15 minutes.
4. Place a small saucepan on the stove with water and bring to the boil. While the water is heating, wash and trim the ends of the beans. When the water has boiled put the beans in the water and cook for a few minutes only. Remove from the heat, drain, and rinse with cold water and then set aside.
5. Juice the lemon, and then add to a bowl with the other salad dressing ingredients. Mix well.
6. When the roast vegetables are soft, test by putting a fork into the vegetables after you have carefully removed the baking tray from the oven. If the vegetables are soft, use a pair of tongs or a big metal spoon to put the roasted vegetables in a bowl. Add the cooked beans, stir, and then drizzle over the salad dressing and serve.