

Roasted Vegetables and Apricot Salad

Season: Spring

Type: Salad

Serves: 36 tastings

From the garden: Beetroot, parsnip, carrot, lettuce & spinach



Equipment:	Ingredients:
Small mixing bowl x 2 Large mixing bowl x 1 Wooden spoon x 2 Whisk x 1 Chopping boards and knives Measuring spoons Salad spinner Baking paper Baking tray x 1 Serving bowl x 5 Serving spoon x 5	2 beetroots (skin-on, trimmed, cubed – 1cm) 3 parsnips (skin-on, cubed – 1cm) 3 carrots (skin-on, cubed – 1cm) 3 tablespoons olive oil ¼ teaspoon salt 2 small lettuce (cubed – 3cm) 1 handful of spinach (cut in half) 1 tablespoon sunflower seeds 5 pieces dried apricots (thinly sliced) <i>Red Wine Vinegar Dressing:</i> 3 tablespoons olive oil 2 tablespoons red wine vinegar 1 tablespoon sugar 1 teaspoon Dijon mustard ¼ teaspoon salt 10 grinds pepper

What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the first 5 ingredients in a small mixing bowl, stir until evenly coated.
4. Pour into a lined baking tray, bake in the oven for 20 minutes or until cooked.
5. Put all the salad ingredients in a large mixing bowl.
6. Combine all the ingredients for dressing in a small mixing bowl.
7. Add dressing to the salad. Toss gently.
8. Serve into 5 large serving bowls with a serving spoon in each.

Interesting terms:

Interesting techniques: separating lettuce, washing salad leaves twice, cleaning and trimming beetroot