



ROAST BABY POTATO, TOMATO, SPINACH AND COURGETTE SALAD WITH A CREAMY TAHINI DRESSING

Season:	Summer, autumn
From the garden:	Potato, tomato, spinach, courgette, parsley, chives, basil
Type:	Main or side dish
Difficulty:	moderate
Country of origin:	tahini-middle east
Serves:	6 serves or 30 tastes
Source:	Dressing: cookieandkate.com

Equipment

- *chopping board and knife
- *mixing bowls and spoon
- *frying pan
- *wooden spoon
- *baking tray

Ingredients

- *600 g baby potatoes
- *big handful of spinach leaves
- *250 g tomatoes
- *2 small courgette
- *1 tsp salt
- *oil for baking/frying

Creamy tahini dressing:

- *mixing bowl and whisk
- *measuring cup and spoons
- * $\frac{1}{4}$ cup vegetable oil
- * $\frac{1}{4}$ cup tahini
- *2 tbsp lemon juice
- *2 tsp honey
- *2 tsp mustard
- *handful of fresh herbs
- * $\frac{1}{2}$ tsp salt
- *pepper to taste
- *water

Method

- 1.preheat oven to 220 degrees**
- 2.give the potatoes a good wash, they are not getting peeled**
- 3.cut the bigger ones in half, leave the very small ones whole**
- 4.place the potatoes into a bowl and add 1 tbsp of oil, mix and spread them on a lined baking tray**
- 5.sprinkle with a tsp of salt and roast in the oven until golden brown (around 20 minutes)**
- 6.cut the courgette into even small pieces and fry in a little oil until golden brown**
- 7.pull the spinach leaves of the stalk and add them into the frying pan with the courgette to wilt down**
- 8.cut the tomatoes into halves or quarters (depending on size)**
- 9.for the dressing, whisk all the ingredients together in a bowl**
- 10.use enough water to thin the dressing to a creamy but pourable consistency**
- 11.chop the herbs finely and add to the dressing**
- 12.put all the salad ingredients into a large bowl and pour the dressing over, mix gently**

Notes: Tahine is a sesame paste and it is used in humus, salad dressings and even baking. It is made from hulled or unhulled sesame seeds.

Skills: *measuring, chopping, frying, roasting, mixing*