



ROASTED VEGETABLE AND GREENS SALAD WITH CHICKPEAS AND A CREAMY TAHINI DRESSING

Season:	Winter
From the garden:	Kumara, potato, pumpkin, parsley, spring onion, kale, silverbeet
Type:	Salad
Difficulty:	Easy
Country of origin:	
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist Oropi school/ cookieandkate.com (dressing)

ROAST VEGETABLE SALAD

Equipment

- *chopping board
- *knife
- *colander
- *roasting tray
- *bowls
- *frying pan
- *wooden spoon
- *baking paper

Ingredients

- *1 kg mixed vegetables for roasting
- *few handful of leafy greens
- *2 spring onion or 1/2 red onion
- *1 can of chickpeas
- *oil or oil spray
- *1 tsp of salt, pepper to taste
- *sunflower or pumpkin seeds (optional)
- *bunch of parsley

CREAMY TAHINI DRESSING

*mixing bowl	* $\frac{1}{4}$ cup olive oil
*whisk	* $\frac{1}{4}$ cup tahini
*measuring cup and spoons	*2-3 tbsp lemon juice
*citrus juicer	*2 tsp mustard
*garlic press	*2 tsp honey
	*1 small garlic clove
	* $\frac{1}{2}$ tsp salt, pepper to taste
	*2 tbsp cold water, more if needed

Method

1. preheat oven to 200 degrees
2. wash and cut the vegetables into small cubes (peel pumpkin, but no need to peel potatoes and kumara)
3. put them in a bowl, add a little bit of oil and mix
4. put some baking paper on the oven tray and spread vegetable cubes on the tray
5. sprinkle with salt and pepper and put into the oven to roast for around 30 min.
6. while the vegetables are roasting, roast the seeds (if using) in a dry frying pan until lightly browned. Set aside
7. open can of chickpeas, drain off liquid and rinse. Pat dry with a paper towel
8. heat some oil in a frying pan and cook chickpeas until crispy and golden. Set aside
9. wash and slice spring onion, parsley and leafy greens. Set aside
10. for the dressing, cut lemon in half and squeeze out the juice, peel garlic and squeeze through garlic press
11. mix all ingredients and whisk until creamy. If too thick, add a little bit more water
12. when the roast vegetables are done, let them cool for a bit and then add to a big salad bowl
13. add spring onion, greens, parsley, chickpeas and tahini dressing to the bowl and mix gently
12. sprinkle with roasted seeds and serve

Notes: Any root vegetables (carrots, parsnip, beetroot etc.) would be great in the salad
 Skills: measuring, *mixing*, *cutting*

