



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

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

### ROAST VEGETABLE SALAD

<b>Equipment</b>	<b>Ingredients</b>
<b>*chopping board</b>	<b>*1 kg mixed vegetables for roasting</b>
<b>*knife</b>	<b>*few handful of leafy greens</b>
<b>*colander</b>	<b>*2 spring onion or 1/2 red onion</b>
<b>*roasting tray</b>	<b>*1 can of chickpeas</b>
<b>*bowls</b>	<b>*oil or oil spray</b>
<b>*frying pan</b>	<b>*1 tsp of salt, pepper to taste</b>
<b>*wooden spoon</b>	<b>*sunflower or pumpkin seeds (optional)</b>
	<b>*bunch of parsley</b>

### 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)
3. put them in a bowl, add a little bit of oil and mix
4. 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
10. cook greens for a few minutes in a bit of oil, until slightly wilted
11. for the dressing, cut lemon in half and squeeze out the juice, peel garlic and squeeze through garlic press
12. mix all ingredients and whisk until creamy. If too thick, add a little bit more water
13. when the roast vegetables are done, let them cool for a bit and then add to a big salad bowl
14. add spring onion, greens, parsley, chickpeas and tahini dressing to the bowl and mix gently
15. sprinkle with roasted seeds and serve

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

