

## ORGANIC ROAST SALAD



### **Ingredients (serves 4 people):**

1 parsnip, peeled

1 carrot, peeled

1/2 swede, peeled

1 beetroot, peeled

1/2 cup black olives

Leaves stripped from 2 sprigs of rosemary or thyme

Sea salt to taste

1/2 cup olive oil

4 potatoes, peeled or scrubbed, depending on the type

2 kumara or sweet potatoes, peeled

1/4 medium pumpkin, unpeeled

1 whole head of garlic, separated into cloves and the garlic cloves can be peeled or not

### **To serve**

Fancy lettuce leaves

1/2 iceberg lettuce

1 Sicilian lemon juice

Sea salt to taste

### **Preparation:**

1. You will need two roasting trays.
2. Cut the parsnip, carrot, swede and beetroot into batons the size of thick matchsticks.
3. Arrange on a baking tray with the olives and half the rosemary or thyme, sprinkle with sea salt and toss in half the olive oil.
4. Cut the potatoes, kumara and pumpkin into rough chunks, place on the second tray with the garlic cloves, remaining herbs, seasoning and oil.
5. Roast both trays at 180° C for 1 hour, turning two or three times during that period.
6. Thoroughly wash and dry the lettuces.
7. Arrange the fancy leaves on four plates, finely slice the iceberg lettuce and place in the middle.
8. Season with sea salt, then arrange a serving of roasted vegetables over the top.
9. Finish with a squeeze of lemon juice.