



ROAST VEGETABLE SALAD WITH FETA

🕒 40 minutes

🕒 1 hour

🍴 4 portions

INGREDIENTS

- 600 grams of sweet potato, roughly chopped
- 2 eggplant, halved lengthways & thickly sliced (650g)
- 2 medium zucchini, halved lengthways & chopped (392 g)
- 1 red capsicum, thickly sliced (164 g)
- 1 red onion, halved & thickly sliced (145g)
- 1 tsp of olive oil, (5 g)
- 80 grams of rocket
- 160 grams of low fat feta, crumbled
- 12 kalamata olives, pitted (36g)

COOKING METHOD

- 1° Preheat oven to 200°C.
- 2° Place sweet potato, eggplant, zucchini, capsicum and onion in a large roasting pan. Lightly spray with oil and toss to coat. Roast for 35-40 minutes or until tender and lightly golden. Set aside to cool slightly.
- 3° Toss vegetables with rocket, feta and olives in a large bowl. Season with freshly ground black pepper.
- 4° Divide salad between plates to serve.
- 5° NOTE: Store the vegetable mixture in an airtight container in the fridge for up to 4 days. If you are taking this for lunch, you can add the rocket, feta and olives the night before or in the morning. Add some crushed garlic and chopped fresh herbs like oregano or rosemary to the vegetables before baking for an extra flavour hit!
- 6° NOTE: Store the vegetable mixture in an airtight container in the fridge for up to 4 days. If you are taking this for lunch, you can add the rocket, feta and olives the night before or in the morning. Add some crushed garlic and chopped fresh herbs like oregano or rosemary to the vegetables before baking for an extra flavour hit! Also try different vegetables such as beetroot, pumpkin and parsnip to change things up!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (558 g)	% DRI
ENERGY	63 kcal	351 kcal	18 %
FAT	2 g	13 g	19 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	30 %
CHOLESTEROL	6 mg	36 mg	12 %
SODIUM	129 mg	720 mg	30 %
CARBOHYDRATE	9 g	50 g	17 %
SUGARS	3 g	17 g	—
FIBER	2 g	13 g	50 %
PROTEIN	2 g	13 g	—