

Charred roasted roots & spinach hot winter salad

Takes 1 hour, serves 2 and uses a roasting tin

INGREDIENTS

300g carrots, peeled and cubed into 1cm pieces
250g sweet potato, skin left on, cubed into 1cm pieces
300g swede, peeled and cubed into 1cm pieces
1 red onion, peeled and cut into wedges
2 cloves of garlic, peeled and crushed
1 tablespoon olive oil

100g baby spinach leaves
A small handful dill fronds
2 tablespoons chopped mint
25g sunflower seeds
15g pumpkin seeds
15g pine nuts
0.5 lemon, juice only
1 tablespoon chilli oil
1 tablespoon extra virgin olive oil

DIRECTIONS

Pre heat your oven to it's top temperature, which will probably be about gas mark 9, 475°C, 250°C.

Place the carrots, sweet potato, swede, red onion, garlic and 1 tablespoon of olive oil into a roasting tin and give them a really good mix around, making sure that the garlic is evenly spread around and all the vegetables are coated in oil on all sides.

Place in the oven for 15 minutes then use a spatula to loosen them all off the bottom of the pan and turn them. Cook for another 15 minutes then check and turn again, but be careful, because they'll have softened and start to stick now. From now on, cook for 5 minutes at a time, checking (but not turning) regularly and remove when suitably burned on the edges. I found about 40 minutes was good in my oven, however your oven may differ.

In a large salad bowl, place the spinach, dill, mint, seeds and nuts and mix them all together. When the veggies are cooked, add them to this bowl, plus the remaining oils and squeeze the lemon juice over the top, mix it thoroughly then serve immediately.

