

Indian Roast Vegetable Salad

Ingredients:

- ❖ ½ cup mushrooms, chopped
 - ❖ ¾ cup capsicum, diced
 - ❖ ½ zucchini, diced
 - ❖ 1 red onion, chopped
 - ❖ 1 bunch of asparagus, chopped
 - ❖ ½ cup broccoli
 - ❖ 2 tbsp light sour cream
 - ❖ 2 potatoes, diced
 - ❖ 2 tbsp tikka or tandoori paste
 - ❖ ½ cup rocket
 - ❖ ¼ cup feta, crumbled
 - ❖ 1 tsp olive oil
- Optional: chicken, pumpkin

Serves 2



Method:

Place diced potato into a boiling saucepan of water and allow to cook for 5-10 minutes, until slightly soft. Next, chop vegetables and combine in a large bowl with tikka or tandoori paste and oil. Place vegetable mixture and potatoes on a baking tray and cook at 200 degrees in the oven for 20-30 minutes. or until cooked and golden. Remove from heat, and mix through rocket and feta then serve with a dollop of sour cream.